

NOFIO . SWIMMING		
HAF O HWYL . SUMMER OF FUN 21/07/25 - 31/08/25		
Dydd Llun Monday	09:00-09:30	Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2 (21/07/25 yn unig . only)
	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn fflot i'r teulu . Family float session
	12.00-14.00	Nofio cyhoeddus . Public swimming
	14.00-15.00	Nofio Actif am Oes . Actif am Oes swim
	15.00-16.45	Nofio cyhoeddus . Public swimming
	17.00-18.00	Nofio ffitrwydd lau . Junior swim fit
	18.00-19.00	Nofio Lon . Lane swimming
	19.00-20.00	Nofio cyhoeddus . Public swimming
Dydd Mawrth Tuesday	09:00-09:30	Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2 (22/07/25 yn unig . only)
	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn fflot i'r teulu . Family float session
	12.00-13.00	Nofio cyhoeddus . Public swimming
	13.00-13.45	Aerobeg Dwr . Aqua Aerobics
	15.00-18.00	Nofio cyhoeddus . Public swimming
	18.15-19.15	Nofio Lon . Lane swimming
	19.30-20:00	Aerobeg dwr dwfn . Deep water aerobics
Dydd Mercher Wednesday	09:00-09:30	Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2 (23/07/25 yn unig . only)
	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn fflot i'r teulu . Family float session
	12.00-13.00	Nofio am ddim 0-16 oed . Free Swim 0-16 yrs
	13.00-15:00	Nofio Cyhoeddus . Public swimming
	15.00-16.00	Sesiwn fflot i'r teulu . Family float session
	16.00-17.45	Nofio Cyhoeddus . Public swimming
	18.00-19.00	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
Dydd Iau Thursday	09.00-10.00	Nofio Lon . Lane swimming
	10.00-11.00	Nofio Cyhoeddus . Public swimming
	11.15-12.00	Aerobeg Dwr . Aqua Aerobics
	12.00-13.00	Nofio Cyhoeddus . Public swimming
	13.00-14.00	Sesiwn fflot i'r teulu . Family float session
	15.00-18.45	Nofio Cyhoeddus . Public swimming
	19.00-20.00	Nofio Lon . Lane swimming

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Dydd Gwener Friday	09.00-10.00	Nofio Lon Lane swimming
	10.15-10.45	Gwers Nofio Swigod 0-3 oed Bubbles lesson 0-3 yrs
	11.00-12.00	Sesiwn fflot i'r teulu Family float session
	12.00-15.00	Nofio Cyhoeddus Public swimming
	15.00-16.00	Sesiwn fflot i'r teulu Family float session
	16.00-17.45	Nofio Cyhoeddus Public swimming
	18.00-19.00	Inflatable Pwll 8-11 oed Pool Inflatable 8-11 yrs
Dydd Sadwrn Saturday	10.00-11.00	Sesiwn fflot i'r teulu Family float session
	11.00-14.45	Nofio Cyhoeddus Public swimming
	12.30-13.30	Sesiwn Bwm 1:2 Boom session ratio 1:2
Dydd Sul Sunday	10.00-11.00	Nofio am ddim 0-16 oed Free Swim 0-16 yrs
	11.00-12.00	Sesiwn fflot i'r teulu Family float session
	12.00-13.00	Nofio Cyhoeddus Public swimming