

NOFIO . SWIMMING

30/03/26 - 12/04/26

Dydd Llun Monday 30/03/26	11.00-12.00	Sesiwn flot i'r teulu . Family floats session
	12.00-14.00	Nofio Cyhoeddus . Public swimming
	14.00-15.00	Nofio Actif am Oes Swim
	15.00-16.45	Nofio Cyhoeddus . Public swimming
	17.00-18.00	Nofio Ffit Iau . Junior swim fit
	18.00-19.00	Nofio Lôn . Lane swim
	19.00-20.00	Nofio Cyhoeddus . Public simming
	19.15-19.45	Gwersi Nofio Oeolion . Adult Swimming Lessons
Dydd Mawrth Tuesday 31/03/26	9:45-10:45	Nofio Lôn . Lane Swim
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-13:00	Nofio Cyhoeddus . Public swimming
	13:00-13:45	Aerobeg Dwr . Aqua aerobics
	14:00-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:15-19:15	Nofio Lon . Lane Swimming
19:30-20:00	Acwa dwr dwfn . Deep water Aqua	
Dydd Mercher Wednesday 01/04/25	07:00-8:45	Nofio Lôn . Lane Swim
	10:00-11:00	Nofio Cyhoeddus . Public swimming
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-13:00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	14:00-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:00-19:30	Nofio Cyhoeddus . Public swimming
Dydd Iau Thursday 02/04/26	9:00-10:00	Nofio Lon . Lane Swimming
	11:15-12:00	Aerobeg Dwr . Aqua aerobics
	13.45-14.45	Sesiwn flot i'r teulu . Family floats session
	14.45-15.45	Nofio anabl am ddim . Disabled free swim
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18.00-19.00	Nofio Cyhoeddus . Public swimming
	19.00-20.00	Nofio Lon . Lane Swimming
Dydd Gwener Friday 03/04/26	10:00-11:00	Nofio Lon . Lane Swimming
	11:15-12:15	Sesiwn flot i'r teulu . Family floats session
	12:15-13:45	Nofio Cyhoeddus . Public swimming
Dydd Sadwrn Saturday 04/04/26	10.00-11.00	Sesiwn flot i'r teulu . Family floats session
	11.00-13.45	Nofio Cyhoeddus . Public swimming
	12.45-13.45	Sesiwn Bwm 1:2 . Boom session 1:2
Dydd Sul Sunday 05/04/26	10.00-11.00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	11.00-12.00	Sesiwn flot i'r teulu . Family floats session
	12.00-13.00	Nofio Cyhoeddus . Public swimming

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Dydd Llun Monday 06/04/26	Ar gau . Closed	
Dydd Mawrth Tuesday 07/04/26	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-13:00	Nofio Cyhoeddus . Public swimming
	13:00-13:45	Aerobeg Dwr . Aqua aerobics
	14:45-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:15-19:15	Nofio Lon . Lane Swimming
	19:30-20:00	Acwa dwr dwfn . Deep water Aqua
Dydd Mercher Wednesday 08/04/26	7:00-8:45	Nofio Lôn . Lane Swim
	10:00-11:00	Nofio Cyhoeddus . Public swimming
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-13:00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	14:45-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:00-19:30	Nofio Cyhoeddus . Public swimming
Dydd Iau Thursday 09/04/26	9:00-10:00	Nofio Lon . Lane Swimming
	11:15-12:00	Aerobeg Dwr . Aqua aerobics
	13.45-14.45	Sesiwn flot i'r teulu . Family floats session
	14.45-15.45	Nofio anabl am ddim . Disabled free swim
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18.00-19.00	Nofio Cyhoeddus . Public swimming
	19.00-20.00	Nofio Lon . Lane Swimming
Dydd Gwener Friday 10/04/26	9:00-10:00	Nofio Lon . Lane Swimming
	10.15-10.45	Nofio Swigod 0-3 oed . Bubbles lesson 0-3 yrs
	11.00-12.00	Sesiwn flot i'r teulu . Family floats session
	13:30-15:00	Nofio Cyhoeddus . Public swimming
	15:30-17:30	Gwersi Nofio . Swimming lessons
Dydd Sadwrn Saturday 11/04/26	18.00-19.00	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	10.00-11.00	Sesiwn flot i'r teulu . Family floats session
	11.00-13.45	Nofio Cyhoeddus . Public swimming
Dydd Sul Sunday 12/04/26	12.45-13.45	Sesiwn Bwm 1:2 . Boom session 1:2
	10.00-11.00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	11.00-12.00	Sesiwn flot i'r teulu . Family floats session
	12.00-13.00	Nofio Cyhoeddus . Public swimming