

NOFIO . SWIMMING

16/02/26 - 20/02/26		
Dydd Llun Monday	07:00 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwers Nofio Dwys Ton 4 Intense Swim session Wave 4
	09:00 - 09:30	Gwers Nofio Dwys Ton 1 Intense Swim session Wave 1
	09:45 - 10:45	Nofio Am Ddim . Free Swim Session 0-16
	11:00 - 11:45	Aerobics Acwa . Aqua Aerobics
	11:45 - 12:45	Nofio anableded . Diasabled swim
	13:00 - 15:00	Nofio Cyhoeddus . Public Swim***
	17:30 - 18:30	Nofio Cyhoeddus . Public Swim
Dydd Mawrth Tuesday	07:00 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwers Nofio Dwys Ton 4 Intense Swim session Wave 4
	09:00 - 09:30	Gwers Nofio Dwys Ton 1 Intense Swim session Wave 1
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim*
	18:00 - 20:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	07:00 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwers Nofio Dwys Ton 4 Intense Swim session Wave 4
	09:00 - 09:30	Gwers Nofio Dwys Ton 1 Intense Swim session Wave 1
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim*
	17:30 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Iau Thursday	07:00 - 09:00	Nofio Cyhoeddus . Public Swim
	08:30 - 09:00	Gwers Nofio Dwys Ton 4 Intense Swim session Wave 4
	08:30-09:00	Gwers Nofio Dwys Ton 1 Intense Swim session Wave 1
	18:00 - 19:00	Nofio Cyhoeddus . Public Swim
Dydd Gwener Friday	07:00 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwers Nofio Dwys Ton 4 Intense Swim session Wave 4
	09:00 - 09:30	Gwers Nofio Dwys Ton 1 Intense Swim session Wave 1
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim*
	17:30 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Sadwrn Saturday	08:00 - 13:30	Nofio Cyhoeddus . Public Swim (Pwll bach cau 09:00 - 10:00)**
Dydd Sul Sunday	08:00 - 13:00	Nofio Cyhoeddus . Public Swim**
	12:00 - 13:00	Nofio Am Ddim 0 - 16yr Free Swim Session

** Llithren . Slide: 10:30-11:30
***Llithren . Slide: 14:00-15:00