

NOFIO . SWIMMING

| 26/05/25 - 01/06/25                   |               |                                                                                       |
|---------------------------------------|---------------|---------------------------------------------------------------------------------------|
| Dydd Llun<br>Monday 26/05/25          | 09:00 -12:00  | Nofio Cyhoeddus . Public Swim                                                         |
| Dydd Mawrth<br>Tuesday<br>27/05/25    | 07:00 - 09:00 | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 09:00 - 9:30  | Nofio dwys ton 4<br>Intensive Swimming Wave                                           |
|                                       | 09:45 - 10:45 | Nofio Am Ddim 0-16 oed<br>Free Swim 0-16 yrs                                          |
|                                       | 10:45 - 11:45 | Nofio Anabl . Disabled Swim                                                           |
|                                       | 12:00 - 15:00 | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 18:00 - 20:00 | Nofio Cyhoeddus . Public Swim                                                         |
| Dydd Mercher<br>Wednesday<br>28/05/25 | 07:00 - 09:00 | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 09:00 - 09:30 | Nofio dwys ton 4<br>Intensive Swimming Wave                                           |
|                                       | 10:00 -15:00  | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 18:00 -19:30  | Nofio Cyhoeddus . Public Swim                                                         |
| Dydd Iau<br>Thursday<br>29/05/25      | 07:00 - 09:00 | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 09:00 - 09:30 | Nofio dwys ton 4<br>Intensive Swimming Wave                                           |
|                                       | 10:00 -15:00  | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 18:00 -19:00  | Nofio Cyhoeddus . Public Swim                                                         |
| Dydd Gwener<br>Friday<br>30/05/25     | 07:00 - 09:00 | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 09:00 - 9:30  | Nofio dwys ton 4<br>Intensive Swimming Wave                                           |
|                                       | 10:00 -15:00  | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 17:30 -19:30  | Nofio Cyhoeddus . Public Swim                                                         |
| Dydd Sadwrn<br>Saturday 31/05/25      | 08:00 -13:30  | Nofio Cyhoeddus . Public Swim<br>(09:00-10:00 - Pwll Bach ar gau . Small Pool Closed) |
| Dydd Sul<br>Sunday<br>01/06/25        | 08:00 -13:00  | Nofio Cyhoeddus . Public Swim                                                         |
|                                       | 12:00 - 13:00 | Nofio Am Ddim 0-16 oed<br>Free Swim 0-16 yrs                                          |