

NOFIO . SWIMMING

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14/04/25 - 20/04/25		
Dydd Llun Monday 14/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 4 . Wave 4 Intensive Swimming
	09:45-10:45	Nofio am Ddim 0-16 oed . Free Swimming aged 0-16
	10:45-11:45	Nofio Anabledd / Disabled Swim
	12:00-12:30	Aerobig Acwa/ Aqwa Aerobics
	13:00-15:00	Nofio Cyhoeddus/Public Swim*
Dydd Mawrth Tuesday 15/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00 -09:30	Nofio Dwys Ton 4 . Wave 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:00	Nofio Cyhoeddus/Public Swim
Dydd Mercher Wednesday 16/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 4 . Wave 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:30	Nofio Cyhoeddus/Public Swim
Dydd Iau Thursday 17/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 4 . Wave 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:00	Nofio Cyhoeddus/Public Swim
Dydd Gwener Friday 18/04/25	AR GAU . CLOSED	
Dydd Sadwrn Saturday 19/04/25	08:00-10:00	Nofio Cyhoeddus/Public Swim
	10:15-11:00	Nofio Derwen anghenion Ychwanegol
	11:00-13:30	Nofio Cyhoeddus/Public Swim*
Dydd Sul Sunday 20/04/25	08:00-13:00	Nofio Cyhoeddus/Public Swim*
	12:00-13:00	Nofio am Ddim oed 0-16yrs Free Swim

*Sleid ar gael . Slide Available 10:30-11:30 a 14:00-15:00

21/04/25 - 27/04/25		
Dydd Llun Monday 21/04/25	09:00-12:00	Nofio Cyhoeddus/Public Swim*
Dydd Mawrth Tuesday 22/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 3 Intense Swim
	09:45-10:45	Nofio am Ddim oed 0-16yrs Free Swim
	10:45-11:45	Nofio Ananbledd / Disabled Swim
	12:00-15:00	Nofio Cyhoeddus/Public Swim*
	17:30-18:30	Nofio Cyhoedus/Public Swim
Dydd Mercher Wednesday 23/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 3 Intense Swim
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:30	Nofio Cyhoeddus/Public Swim
Dydd Iau Thursday 24/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 3 Intense Swim
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:00	Nofio Cyhoeddus/Public Swim
Dydd Gwener Friday 25/04/25	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 3 Intense Swim
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:30	Nofio Cyhoeddus/Public Swim
Dydd Sadwrn Saturday 26/04/25	08:00-13:30	Nofio Cyhoeddus/Public Swim*
Dydd Sul Sunday 27/04/25	08:00-13:00	Nofio Cyhoeddus/ Public Swim*
	12:00-13:00	Nofio am Ddim oed 0-16yrs Free Swim

*Sleid ar gael . Slide Available 10:30-11:30 a 14:00-15:00