

NOFIO . SWIMMING

30/03/26 - 12/04/26

Dydd Llun Monday 30/03/26	06:30-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 4 Wave 2 + 4 Intensive Swimming
	09:45-10:45	Nofio am Ddim 0-16 oed . Free Swimming aged 0-16
	10:45 -11:45	Aerobig Acwa . Aqwa Aerobics
	11:45 - 12:45	Nofio Anabl am Ddim/ Free Disabled Swim
	13:00 - 15:00	Nofio Cyhoeddus/Public Swim*
	17:30-18:30	Nofio Cyhoeddus/Public Swim
Dydd Mawrth Tuesday 31/03/26	06:30-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 4 Wave 2 + 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-20:00	Nofio Cyhoeddus/Public Swim
Dydd Mercher Wednesday 01/04/26	06:30-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 4 Wave 2 + 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:30	Nofio Cyhoeddus/Public Swim
Dydd Iau Thursday 02/04/26	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 4 Wave 2 + 4 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:00	Nofio Cyhoeddus/Public Swim*
Dydd Gwener Friday 03/04/26	08:00-12:00	Nofio Cyhoeddus/Public Swim
Dydd Sadwrn Saturday 04/04/25	08:00-14:30	Nofio Cyhoeddus . Public Swim Pwll bach wedi cau 09:30-10:00 Small Pool closed 09:30-10:00
Dydd Sul Sunday 05/04/26	08:00-14:30	Nofio Cyhoeddus/Public Swim*
	13:30-14:30	Nofio am Ddim oed 0-16yrs Free Swim

*Sleid ar gael 10:30-11:30 a 14:00-15:00 Dydd Llun i Ddydd Gwener . Slide available 10:30-11:30 and 14:00-15:00 Monday to Friday
** Sleid ar gael 10:30 - 11:30 a 13:00 - 14:00 Dydd Sadwrn a Sul . Slide available 10:30 - 11:30 and 13:00 - 14:00 Saturday and Sunday

NOFIO . SWIMMING

30/03/26 - 12/04/26

Dydd Llun Monday 06/04/26	Ar Gau . Closed	
Dydd Mawrth Tuesday 07/04/26	06:30-09:00	Nofio Cyhoeddus . Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 3 Wave 2 + 3 Intensive Swimming
	09:45-10:45	Nofio am Ddim oed 0-16yrs Free Swim
	10:45-11:45	Nofio Anabledd / Disabled Swim
	12:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-20:00	Nofio Cyhoeddus/Public Swim
	Dydd Mercher Wednesday 08/04/26	06:30-09:00
09:00-09:30		Nofio Dwys Ton 2 + 3 Wave 2 + 3 Intensive Swimming
10:00-15:00		Nofio Cyhoeddus/Public Swim*
18:00-19:30		Nofio Cyhoeddus/Public Swim
Dydd Iau Thursday 09/04/26	07:00-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 3 Wave 2 + 3 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
	18:00-19:00	Nofio Cyhoeddus/Public Swim*
Dydd Gwener Friday 10/04/26	06:30-09:00	Nofio Cyhoeddus/Public Swim
	09:00-09:30	Nofio Dwys Ton 2 + 3 Wave 2 + 3 Intensive Swimming
	10:00-15:00	Nofio Cyhoeddus/Public Swim*
Dydd Sadwrn Saturday 11/04/26	17:30-19:30	Nofio Cyhoeddus/Public Swim
	08:00-14:30	Nofio Cyhoeddus . Public Swim Pwll bach wedi cau 09:30-10:00 Small Pool closed 09:30-10:00
Dydd Sul Sunday 12/04/26	08:00-14:30	Nofio Cyhoeddus/Public Swim*
	13:30-14:30	Nofio am Ddim oed 0-16yrs Free Swim

*Sleid ar gael 10:30-11:30 a 14:00-15:00 Dydd Llun i Ddydd Gwener . Slide available 10:30-11:30 and 14:00-15:00 Monday to Friday
** Sleid ar gael 10:30 - 11:30 a 13:00 - 14:00 Dydd Sadwrn a Sul . Slide available 10:30 - 11:30 and 13:00 - 14:00 Saturday and Sunday