

NOFIO . SWIMMING

27/10/25 - 02/11/25		
Dydd Llun Monday	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn Fflot 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 Ffitrwydd Iau . Junior swim fit
	18.00-19.00	Nofio Lon . Lane swimming
	19.00-20.00	Nofio Ffitrwydd i Oedolion . Adult swim fit
Dydd Mawrth Tuesday	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn Fflot 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	Aerobeg Dwr Dyfn . Deep Water Aqua aerobics
Dydd Mercher Wednesday	09.45-10.45	Nofio Lon . Lane swimming
	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session
	12.00-13.00	Nofio Am ddim 0-16 . 0-16 free swimming
	13.00-15.45	Nofio Cyhoeddus . Public swimming
	16.00-18.00	Gwersi Nofio . Swimming lessons
	18.00-19.30	Nofio Cyhoeddus . Public swimming
Dydd Iau Thursday	09.00-10.00	Nofio Lon . Lane swimming
	10.00-11.00	Nofio Cyhoeddus . Public swimming
	11.15-12.00	Aerobeg Dwr . Aqua aerobics
	12.00-13.00	Nofio Cyhoeddus . Public swimming
	13.00-14.00	Sesiwn Fflot i'r Teulu . Family floats session
	15.00-16.00	Nofio Anabl am ddim . Disabled free swimming
	16.00-18.00	Gwersi Nofio . Swimming lessons
	18.00-19.00	Nofio Cyhoeddus . Public swimming
	19.00-20.00	Nofio Lon . Lane swimming

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Dydd Gwener
Friday

09.00-10.00

Nofio Lon . Lane swimming

10.15-10.45

Swigod 0-3 . Bubbles lesson 0-3

11.00-12.00

Sesiwn Fflot i'r Teulu . Family floats session

12.00-15.15

Nofio Cyhoeddus . Public swimming

15:30-17.30

Gwersi Nofio . Swimming lessons

18.00-19.00

Inflatable pwll 8-11 . Pool inflatable 8-11

Dydd Sadwrn
Saturday

10.00-11.00

Sesiwn Fflot i'r Teulu . Family floats session

11.00-14.45

Nofio Cyhoeddus . Public swimming

12.30-13.30

Sesiwn Bwm 1:2 . Boom session 1:2 ratio

Dydd Sul
Sunday

10.00-11.00

Nofio Am ddim 0-16 . 0-16 free swimming

11.00-12.00

Sesiwn Fflot i'r Teulu . Family floats session

12.00-13.00

Nofio Cyhoeddus . Public swimming