

# NOFIO . SWIMMING

16/02/26 - 20/02/26

Dydd Llun Monday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 11:00	Nofio Actif am Oes . Active for Life Swim
	11:00 - 12:00	Nofio Anabl . Disabled Swim
	12:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	17:30 - 20:00	Nofio Cyhoeddus . Public Swimming
Dydd Mawrth Tuesday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 12:00	Nofio Cyhoeddus . Public Swim (Hanner pwll ar agor . Half pool open)
	12:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 18:45	Gwersi Oedolion . Adult Lessons
	18:45 - 21:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:30 - 14:30	Nofio Cyhoeddus . Public Swimming
	17:30 - 18:45	Nofio Cyhoeddus . Public Swimming
	18:45 - 19:30	Acwa . Aqua
Dydd Iau Thursday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:15	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:45	Nofio Cyhoeddus . Public Swim (Hanner pwll ar agor . Half pool open)
	14:45 - 16:00	Nofio Cyhoeddus . Public Swimming
	18:30 - 21:30	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	09:30 - 11:15	Nofio Cyhoeddus . Public Swimming
	11:15 - 12:00	Acwa . Aqua
	12:00 - 12:30	Swigod 0-3 oed . Bubbles 0-3 yrs* (Pwll bach ar gau . Small pool closed)
	12:00 - 15:30	Nofio Cyhoeddus . Public Swimming
Dydd Sadwrn Saturday	10:00 - 11:00	Nofio am ddim 0-16 . Free Swim 0-16 (Gyda Cerdyn Aelodaeth)
	11:00 - 14:00	Nofio Cyhoeddus . Public Swimming
Dydd Sul . Sunday	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming

\*Rhaid llogi o flaen llaw . You must pre-book