

NOFIO . SWIMMING

HAF O HWYL . SUMMER OF FUN 21/07/25 - 31/08/25		
Dydd Llun - Gwyl y Banc Monday - Bank Holiday 25/08/25	09:30-12:30	Nofio Cyhoeddus . Public Swimming
Dydd Llun Monday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Nofio Dwys . Intensive Swimming Lesson (28/07/25, 11/08/25, 25/08/25 yn unig . only)
	10:00-11:00	Nofio Actif am Oes . Active for Life Swimming (Dim sesiwn . No session 25/08/25)
	11:00-12:00	Nofio Anabl . Disabled Swim (Dim sesiwn . No session 25/08/25)
	12:00-20:00	Nofio Cyhoeddus . Public Swimming (Dim sesiwn . No session 25/08/25)
Dydd Mawrth Tuesday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Nofio Dwys . Intensive Swimming Lesson (29/07/25, 12/08/25, 26/08/25 yn unig . only)
	10:00-12:00	Nofio cyhoeddus . Public Swimming (Hanner pwll yn unig . Half pool only)
	12:00-17:00	Nofio cyhoeddus . Public Swimming (Pwll bach ar gau 15:30-16:00 . Small pool closed 15:30-16:00)
	18:00-18:45	Gwersi Nofio i Oedolion . Adult Swimming Lessons
	18:45-21:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Nofio Dwys . Intensive Swimming Lesson (30/07/25, 13/08/25, 27/08/25 yn unig . only)
	09:30 - 14:30	Nofio Cyhoeddus . Public Swimming
	16:30 - 18:45	Nofio Cyhoeddus . Public Swimming
	18:45 - 19:30	Acwa . Aqua
Dydd Iau Thursday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Nofio Dwys . Intensive Swimming Lesson (31/07/25, 14/08/25, 28/08/25 yn unig . only)
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:15	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:45	Nofio cyhoeddus . Public Swimming (Hanner pwll yn unig . Half pool only)
	14:45 - 21:00	Nofio Cyhoeddus . Public Swimming

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Dydd Gwener Friday	09:00-09:30	Gwersi Nofio Dwys . Intensive Swimming Lesson (01/08/25, 15/08/25, 29/08/25 yn unig . only)
	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 (Rhaid llogi o flaen llaw . Must be booked in advance)
	12:00-14:30	Nofio Cyhoeddus . Public Swimming (Pwll bach ar gau 12:00-12:30 . Small pool closed 12:00-12:30)
Dydd Sadwrn Saturday	14:30-15:30	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs (Hefo cerdyn aelodaeth . With a membership card)
	09:30-10:00	Swigod 0-3 oed . Bubbles 0-3 yrs (Rhaid llogi o flaen llaw . Must be booked in advance)
	10:00-11:00	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs (Hefo cerdyn aelodaeth . With a membership card)
Dydd Sul Sunday	11:00-14:00	Nofio Cyhoeddus . Public Swimming
	10:30-11:00	Swigod 0-3 oed . Bubbles 0-3 yrs (Rhaid llogi o flaen llaw . Must be booked in advance)
	11:00-14:30	Nofio Cyhoeddus . Public Swimming