

NOFIO . SWIMMING

27/10/25 - 02/11/25		
Dydd Llun Monday	07:30 - 10:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 11:00	Nofio Actif Am Oes . Actif 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 - 10:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 12:00	Nofio Cyhoeddus (hanner pwll) . Public Swimming (half pool)
	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 - 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 - 10:30	Nofio Cyhoeddus . Public Swimming
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:15	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:45	Nofio Cyhoeddus (hanner pwll) . Public Swimming (half pool)
	14:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	17:00 - 21:00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	09:00 - 11:15	Nofio Cyhoeddus . Public Swimming
	11:15 - 12:00	Acwa . Aqua
	12:00 - 12:30	Swigod . Bubbles (Rhaid llogi o flaen llaw . Need to pre-book) Pwll Bach ar gau i'r cyhoedd . Small Pool closed to public
	12:00 - 15:30	Nofio Cyhoeddus . Public Swimming
Dydd Sadwrn Saturday	10:00 - 11:00	Nofio am Ddim 0-16 oed . Free Swimming aged 0-16
	11:00 - 14:00	Nofio Cyhoeddus . Public Swimming
Dydd Sul	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming*

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