

NOFIO . SWIMMING

14/04/25 - 20/04/25		
Dydd Llun Monday 14/04/25	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	10:00 - 11:00	Nofio Am Ddim 60+ . Free Swim 60+
	11:00 - 12:00	Nofio Anabl . Disabled Swim
	12:00 - 16:00	Nofio Cyhoeddus . Public Swim
	17:30 - 20:00	Nofio Cyhoeddus . Public Swim
Dydd Mawrth Tuesday 15/04/25	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	12:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	17:00 - 18:00	Sgiliau Nofi . Swim Skills
	18:00 - 18:45	Gwersi Oedolion . Adult Lessons
	18:45 - 21:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday 16/04/25	07:30 - 09:00	Nofio Cyhoeddus
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive 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 17/04/25	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:15	Nofio Cyhoeddus . Public Swimming
	14:45 - 16:00	Nofio Cyhoeddus . Public Swimming
	18:30 - 21:00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday 18/04/25	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	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 *
Dydd Sadwrn Saturday 19/04/25	09:30 - 10:00	Splash 3 oed* . Sblash 3 yrs*
	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 Sunday 20/04/25	10:30 - 11:00	Splash 3 oed* . Sblash 3 yrs*
	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming*

*Rhaid llogi o flaen llaw . You must pre-book
**Pwll Bach ar gau i'r cyhoedd . Pwll Bach is closed to the public

NOFIO . SWIMMING

21/04/25 - 27/04/25		
Dydd Llun Monday 21/04/25	AR GAU . CLOSED	
Dydd Mawrth Tuesday 22/04/25	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	12:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	17:00 - 18:00	Sgiliau Nofi . Swim Skills
	18:00 - 18:45	Gwersi Oedolion . Adult Lessons
	18:45 - 21:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday 23/04/25	07:30 - 09:00	Nofio Cyhoeddus
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive 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 24/04/25	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:15	Nofio Cyhoeddus . Public Swimming
	14:45 - 16:00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday 25/04/25	18:30 - 21:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Nofio Dwys Ton 1 a 2 . Wave 1 and 2 Intensive Swimming
	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 *
	12:00 - 14:30	Nofio Cyhoeddus . Public Swimming
Dydd Sadwrn Saturday 26/04/25	14:30 - 15:30	Nofio am Ddim 0-16 oed . Free Swimming aged 0-16
	09:30 - 10:00	Splash 3 oed* . Sblash 3 yrs*
	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 Sunday 27/04/25	10:30 - 11:00	Splash 3 oed* . Sblash 3 yrs*
	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming*

*Rhaid llogi o flaen llaw . You must pre-book
**Pwll Bach ar gau i'r cyhoedd . Pwll Bach is closed to the public