

NOFIO . SWIMMING		
Wythnos 3: 03/08/26 - 09/08/26		
Dydd Llun Monday	07:45-09:00	Nofio Lon / Lane Swimming
	09:00-09:30	Splash (pwll bach) 4 plentyn yn unig / splash (Small Pool) 4 children only
	09:30-10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:00-11:00	Nofio Cyhoeddus / Public Swim (Pwll Mawr / Big Pool)
	10:00-10:30	Gwers Swigod (Pwll Bach) / Bubbles Swim (Small Pool)
	11:15-12:00	Nofio Anabl / Disabled Swim
	12:00-13:00	Nofio Lon / Lane Swimming
	13:15-14:15	Pool Inflatable (8-11 years old)
	14:30-19:00	Nofio Cyhoeddus / Public Swim (Pwll Bach cau Small Pool closes - 19:00)
Dydd Mawrth Tuesday	07:45-09:00	Nofio Lon / Lane Swimming
	09:00-09:30	Splash (pwll bach) 4 plentyn yn unig / splash (Small Pool) 4 children only
	09:30-10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:00-10:00	Nofio Cyhoeddus / Public Swim (Pwll Mawr / Big Pool)
	10:00-12:00	Nofio Cyhoeddus / Public Swim
	12:00-13:00	Nofio Lon / Lane Swimming
	13:00-14:00	Nofio am ddim (0-16 oed) / Free Swimming (0-16 years)
	14:00p-19:00	Nofio Cyhoeddus / Public Swim (Pwll Bach cau Small Pool closes - 19:00)
Dydd Mercher Wednesday	07:00-09:00	Nofio Ion 7-8am 2 Ion, 8-9am pwll cyfa / Lane Swim 7-8am 2 lanes, 8-9am
	09:00-09:30	Splash (pwll bach) 4 plentyn yn unig / splash (Small Pool) 4 children only
	09:30-10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:00-10:00	Nofio Cyhoeddus / Public Swim (Pwll Mawr yn unig/ Big pool)
	10:00-11:00	Nofio Cyhoeddus / Public Swim
	11:00-12:00	Nofio Actif am Oes / Active for Life Swimming
	12:00-13:00	Nofio Lon / Lane Swimming
	13:15-14:15	Pool Inflatable (8-11 years old)
	16:00-19:00	Nofio Cyhoeddus / Public Swim (Pwll Bach cau Small Pool closes - 19:00)
Dydd Iau Thursday	07:45-09:00	Nofio Lon / Lane Swimming
	09:00-09:30	Splash (pwll bach) 4 plentyn yn unig / splash (Small Pool) 4 children only
	09:30-10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:00-11:00	Nofio Cyhoeddus (Pwll Mawr / Big Pool)
	10:00-10:30	Gwers Swigod / Bubbles Swim (Pwll Bach /Small Pool)
	11:15-12:00	Aerobeg Dwr 60+ / Aqua Aerobics 60+
	12:00-13:00	Nofio Lon / Lane Swimming
	13:00-18:00	Nofio Cyhoeddus / Public Swim
	18:00-19:00	Nofio Lon / Lane Swimming

Dydd Gwener Friday	07:45- 09:00	Nofio Lon / Lane Swimming
	09:00- 09:30	Splash (pwll bach) 4 plentyn yn unig Splash (Small Pool) 4 children only
	09:30-10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 Crash Course Wave 1 + 2 (Small Pool)
	09:00- 10:00	Nofio Cyhoeddus / Public Swim (Pwll Mawr / Big Pool)
	10:00-11:00	Nofio Cyhoeddus / Public Swim
	11:15-12:00	Nofio Anabl / Disabled Swim
	12:00- 13:00	Nofio Lon / Lane Swimming
	13:15- 14:15	Pool Inflatable (8-11 years old)
	14:30- 19:00	Nofio Cyhoeddus / Public Swim (Pwll Bach yn cau am 19:00. Small Pool closes at 19:00)
Dydd Sadwrn Saturday	19:00- 21:00	Nofio Lon / Lane Swimming
	09:00-11:00	Nofio Cyhoeddus / Public Swim
	11:30-14:30	Nofio Cyhoeddus / Public Swim (Cysylltwch y pwll . contact the pool)
	14:30- 15:30	Nofio Lon / Lane Swim
Dydd Sul Sunday	09:00-13:30	Nofio Cyhoeddus / Public Swimming (Pwll mawr yn unig o 11:30am - 12:00pm)
	11:30-12:00	Nofio Swigod / Bubbles Swim
	13:30-14:30	Nofio am ddim (0-16 oed) / Free Swimming (0-16 years)
	14:30-16:00	Nofio Lon / Lane Swimming
	16:00-18:00	Nofio Cyhoeddus / Public Swimming
	18:00- 19:00	Nofio Lon / Lane Swimming