

NOFIO . SWIMMING			NOFIO . SWIMMING		
Wythnos 1 . Week 1 20/07/26 - 26/07/26			Wythnos 1 . Week 1 20/07/26 - 26/07/26		
Dydd Llun Monday	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons	Dydd Iau Thursday	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons
	9:45-10:45	Nofio Lon . Lane Swimming		10:00-11:00	Nofio Cyhoeddus . Public Swimming
	11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session		11:15-12:00	Acwa Dwr . Aqua Aerobics
	12:00-14:00	Nofio Cyhoeddus . Public Swimming		13:45-14:45	Sesiwn Fflot i'r teulu . Family Floats session
	14:00-15:00	Actif am Oes . Active for Life		14:45-15:45	Nofio Am Ddim i'r Anabl . Disabled Free Swim
	15:00-16:45	Nofio Cyhoeddus . Public Swimming		16:00-18:00	Nofio Cyhoeddus . Public Swimming
	17:00-18:00	Nofio ffitrwydd Iau . Junior swim fit		18:00-19:00	Nofio Lon . Lane Swimming
	18:00-19:00	Nofio Lon . Lane Swimming		19:00-20:00	Nofio Ffitrwydd i Oedolion . Adult Swim fit
	19:00-20:00	Nofio Cyhoeddus . Public Swimming	Dydd Gwener Friday	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons
Dydd Mawrth Tuesday	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons		10:15-10:45	Swigod 0-3 . Bubbles lesson 0-3 yrs
	9:45-10:45	Nofio Lon . Lane Swimming		11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session
	11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session		12:00-15:00	Nofio Cyhoeddus . Public Swimming
	13:00-13:45	Acwa Dwr . Aqua Aerobics		15:00-16:00	Sesiwn Fflot i'r teulu . Family Floats session
	13:45-14:45	Nofio Cyhoeddus . Public Swimming		16:00-17:30	Nofio Cyhoeddus . Public Swimming
	15:00-16:00	Sesiwn Fflot i'r teulu . Family Floats session		18:00-19:00	Inflatable Pwll 8-11 . Pool inflatable 8-11 yrs
	16:00-18:00	Nofio Cyhoeddus . Public Swimming	Dydd Sadwrn Saturday	10:00-11:00	Sesiwn Fflot i'r teulu . Family Floats session
	18:15-19:15	Nofio Lon . Lane Swimming		11:00-13:45	Nofio Cyhoeddus . Public Swimming
	19:30-20:00	Acwa Dwr Dyfn . Deep water aqua aerobics		12:45-13:45	Boom session ratio 1:2
Dydd Mercher Wednesday	7:00-8:45	Nofio Lon . Lane Swimming	Dydd Sul Sunday	10:00-11:00	Under 16s free swim
	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons		11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session
	10:15-11:00	Acwa Dwr . Aqua Aerobics		12:00-13:00	Nofio Cyhoeddus . Public Swimming
	11:15-12:15	Sesiwn Fflot i'r teulu . Family Floats session			
	12:15-13:15	Under 16s free swim			
	13:15-15:00	Nofio Cyhoeddus . Public Swimming			
	15:00-16:00	Sesiwn Fflot i'r teulu . Family Floats session			
	16:00-19:30	Nofio Cyhoeddus . Public Swimming			