

NOFIO . SWIMMING

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
	9:45-10:45	Nofio Lon . Lane Swimming
	11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session
	12:00-14:00	Nofio Cyhoeddus . Public Swimming
	14:00-15:00	Actif am Oes . Active for Life
	15:00-16:45	Nofio Cyhoeddus . Public Swimming
	17:00-18:00	Nofio ffitrwydd iau . Junior swim fit
	18:00-19:00	Nofio Lon . Lane Swimming
	19:00-20:00	Nofio Cyhoeddus . Public Swimming
	Dydd Mawrth Tuesday	9:00-9:30
9:45-10:45		Nofio Lon . Lane Swimming
11:00-12:00		Sesiwn Fflot i'r teulu . Family Floats session
13:00-13:45		Acwa Dwr . Aqua Aerobics
13:45-14:45		Nofio Cyhoeddus . Public Swimming
15:00-16:00		Sesiwn Fflot i'r teulu . Family Floats session
16:00-18:00		Nofio Cyhoeddus . Public Swimming
18:15-19:15		Nofio Lon . Lane Swimming
19:30-20:00		Acwa Dwr Dyfn . Deep water aqua aerobics
Dydd Mercher Wednesday		7:00-8:45
	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons
	10:15-11:00	Acwa Dwr . Aqua Aerobics
	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

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Dydd Iau Thursday	9:00-9:30	Gwers datblygu Nofio Ton 1 a 2 . Wave 1 & 2 development lessons	
	10:00-11:00	Nofio Cyhoeddus . Public Swimming	
	11:15-12:00	Acwa Dwr . Aqua Aerobics	
	13:45-14:45	Nofio Cyhoeddus . Public Swimming	
	14:45-15:45	Sesiwn Fflot i'r teulu . Family Floats session	
	16:00-18:00	Nofio Cyhoeddus . Public Swimming	
	18:00-19:00	Nofio Lon . Lane Swimming	
	19:00-20:00	Nofio Ffitrwydd i Oedolion . Adult Swim fit	
	Dydd Gwener Friday	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
11:00-12:00		Sesiwn Fflot i'r teulu . Family Floats session	
12:00-15:00		Nofio Cyhoeddus . Public Swimming	
15:00-16:00		Sesiwn Fflot i'r teulu . Family Floats session	
16:00-17:30		Nofio Cyhoeddus . Public Swimming	
18:00-19:00		Inflatable Pwll 8-11 . Pool inflatable 8-11 yrs	
Dydd Sadwrn Saturday		10:00-11:00	Sesiwn Fflot i'r teulu . Family Floats session
		11:00-13:45	Nofio Cyhoeddus . Public Swimming
		12:45-13:45	Boom session ratio 1:2
Dydd Sul Sunday	10:00-11:00	Under 16s free swim	
	11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session	
	12:00-13:00	Nofio Cyhoeddus . Public Swimming	