

# NOFIO . SWIMMING

Wythnos 2-6 . Week 2-6  
27/07/26 - 30/08/26

Dydd Llun Monday	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	9:45-10:45	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	Nofio Lon . Lane Swimming
	9:00-10:00	Nofio Cyhoeddus . Public Swimming
	10:15-11:00	Acwa Dwr . Aqua Aerobics
	11:15-12:15	Sesiwn Fflot i'r teulu . Family Floats session
	12:15-13:15	Nofio am ddim o dan 16 . 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	9:00-10:00	Nofio Lon . Lane Swimming
	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	9:00-10:00	Nofio Lon . Lane Swimming
	10:15-10:45	Nofio Swigod . 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
	19:00-20:00	Nofio Cyhoeddus . Public Swimming
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	Sesiwn Bwm 1:2 . Boom session ratio 1:2
Dydd Sul Sunday	10:00-11:00	Nofio am ddim o dan 16 . Under 16s free swim
	11:00-12:00	Sesiwn Fflot i'r teulu . Family Floats session
	12:00-13:00	Nofio Cyhoeddus . Public Swimming