

NOFIO . SWIMMING

03/08/26 - 09/08/26

Dydd Llun . Monday	06:30 - 10:45	Nofio Cyhoeddus . Public Swim Session
	09:45 -10:45	Nofio am Ddim 0 - 15 oed . 0 -15 yrs Free Swim
	11:00 - 11:45	Acw . Aqua Aerobics
	11:45 - 12:45	Nofio Anabl . Disabled Swim
	13:00 15:00	Nofio Cyhoeddus . Public Swim Session
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim Session
Dydd Mawrth Tuesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim
	16:00 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Iau Thursday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim
Dydd Gwener Friday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	10:00 - 12:00	Nofio Cyhoeddus . Public Swim
	12:00 12:30	Nofio Swigod . Bubbles Swim
	13:00 - 15:00	Nofio Cyhoeddus . Public Swim
	16:00 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Sadwrn Saturday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim*
	13:30 - 14:30	Nofio am Ddim 0- 16 oed . 0-16 yrs Free Swim

*Sleid ar gael 10:30-11:30 a 14:00-15:00 Dydd Llun i Ddydd Gwener . Slide available 10:30-11:30 and 14:00-15:00 Monday to Friday
 ** Sleid ar gael 10:30 - 11:30 a 13:00 - 14:00 Dydd Sadwrn a Sul . Slide available 10:30 - 11:30 and 13:00 - 14:00 Saturday and Sunday

NOFIO . SWIMMING

10/08/26 - 16/08/26

Dydd Llun . Monday	06:30 - 10:45	Nofio Cyhoeddus . Public Swim Session
	09:00 -09:30	Gwersi Datblygu Nofio Ton 2 a 4 Swimming Development Lessons Wave 2 and 4
	09:45 -10:45	Nofio am Ddim 0 - 15 oed . 0 -15 yrs Free Swim
	11:00 - 11:45	Acwa . Aqua
	11:45 - 12:45	Nofio Anabl . Disabled Swim
	13:00 15:00	Nofio Cyhoeddus . Public Swim Session
Dydd Mawrth Tuesday	16:00 - 20:00	Nofio Cyhoeddus . Public Swim Session
	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 2 a 4 Swimming Development Lessons Wave 2 and 4
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	16:00 - 20:00	Nofio Cyhoeddus . Public Swim
	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 -09:30	Gwersi Datblygu Nofio Ton 2 a 4 Swimming Development Lessons Wave 2 and 4
	10:00 - 14:00	Nofio Cyhoeddus . Public Swim
Dydd Iau Thursday	16:00 - 19:30	Nofio Cyhoeddus . Public Swim
	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 -09:30	Gwersi Datblygu Nofio Ton 2 a 4 Swimming Development Lessons Wave 2 and 4
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim
Dydd Gwener Friday	16:00 - 20:00	Nofio Cyhoeddus . Public Swim
	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 -09:30	Gwersi Datblygu Nofio Ton 2 a 4 Swimming Development Lessons Wave 2 and 4
	16:00 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Sadwrn Saturday	08:00 - 10:00	Nofio Cyhoeddus . Public Swim
	10:00 - 10:45	Nofio Anghenion Ychwanegol . Additional Needs Swimming
	11:00 - 14:30	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim*
	13:30 - 14:30	Nofio am Ddim 0- 16 oed . 0-16 yrs Free Swim

*Sleid ar gael 10:30-11:30 a 14:00-15:00 Dydd Llun i Ddydd Gwener . Slide available 10:30-11:30 and 14:00-15:00 Monday to Friday
 ** Sleid ar gael 10:30 - 11:30 a 13:00 - 14:00 Dydd Sadwrn a Sul . Slide available 10:30 - 11:30 and 13:00 - 14:00 Saturday and Sunday