

NOFIO . SWIMMING			NOFIO . SWIMMING		
17/08/26 - 23/08/26			24/08/26 - 30/08/26		
Dydd Llun . Monday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim Session	Dydd Llun . Monday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim Session
	09:45 -10:45	Nofio am Ddim 0 - 15 oed . 0 -15 yrs Free Swim		09:00 -09:30	Gwersi Datblygu Nofio Ton 5/6/7 Swimming Development Lessons Wave 5/6/7
	11:00 - 11:45	Acw . Aqua Aerobics		09:45 -10:45	Nofio am Ddim 0 - 15 oed . 0 -15 yrs Free Swim
	11:45 - 12:45	Nofio Anabl . Disabled Swim		11:00 - 11:45	Acwa . Aqua
	13:00 15:00	Nofio Cyhoeddus . Public Swim Session		11:45 - 12:45	Nofio Anabl . Disabled Swim
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim Session		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	Dydd Mawrth Tuesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim		09:00 - 09:30	Gwersi Datblygu Nofio Ton 5/6/7 Swimming Development Lessons Wave 5/6/7
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim		10:00 - 15:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim		16:00 - 20:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim	Dydd Mercher Wednesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	16:00 - 19:30	Nofio Cyhoeddus . Public Swim		09:00 -09:30	Gwersi Datblygu Nofio Ton 5/6/7 Swimming Development Lessons Wave 5/6/7
Dydd Iau Thursday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim		10:00 - 14:00	Nofio Cyhoeddus . Public Swim
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim		16:00 - 19:30	Nofio Cyhoeddus . Public Swim
	16:00 - 20:00	Nofio Cyhoeddus . Public Swim	Dydd Iau Thursday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
Dydd Gwener Friday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim		09:00 -09:30	Gwersi Datblygu Nofio Ton 5/6/7 Swimming Development Lessons Wave 5/6/7
	10:00 - 12:00	Nofio Cyhoeddus . Public Swim		10:00 - 15:00	Nofio Cyhoeddus . Public Swim
	12:00 12:30	Nofio Swigod . Bubbles Swim		16:00 - 20:00	Nofio Cyhoeddus . Public Swim
	13:00 - 15:00	Nofio Cyhoeddus . Public Swim	Dydd Gwener Friday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	16:00 - 19:30	Nofio Cyhoeddus . Public Swim		09:00 -09:30	Gwersi Datblygu Nofio Ton 5/6/7 Swimming Development Lessons Wave 5/6/7
Dydd Sadwrn Saturday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim		10:00 - 15:00	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim*		16:00 - 19:30	Nofio Cyhoeddus . Public Swim
			Dydd Sadwrn	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			*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		