

PWLL NOFIO . SWIMMING POOL

20/07/26 - 26/07/26 03/08/26 - 09/08/26 17/08/26 - 23/08/26		
Dydd Llun Monday	07:30 - 10:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 11:00	Nofio Actf Am Oes . Active For Life Swim
	11:00 - 12:00	Nofio Anabl . Disabled Swim
	12:00 - 16:00	Nofio Cyhoeddus . Public Swimming
	17:30 - 20:00	Nofio Cyhoeddus . Public Swimming
Dydd Mawrth Tuesday	07:30 - 10:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 12:00	Nofio Cyhoeddus . Public Swimming (Hanner Pwll . Half Pool)
	12:00 - 18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 18:45	Gwersi Nofio Oedolion . Adult Swimming Lessons
	18:45 - 20:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	07:30 - 14:30	Nofio Cyhoeddus . Public Swimming
	16:30 - 18:45	Nofio Cyhoeddus . Public Swimming
	18:45 - 19:30	Acwa . Aqua
Dydd Iau Thursday	07:30 - 10:30	Public Swimming . Nofio Cyhoeddus
	10:30 - 11:15	Aqua . Acwa
	11:15 - 13:15	Public Swimming . Nofio Cyhoeddus
	13:30 - 14:45	Public Swimming . Nofio Cyhoeddus (Hanner Pwll . Half Pool)
	14:45 - 21:00	Public Swimming . Nofio Cyhoeddus
Dydd Gwener Friday	09:00 - 11:15	Public Swimming . Nofio Cyhoeddus
	11:15 - 12:00	Acwa . Aqua
	12:00 - 12:30	Gwersi Swigod 0 - 3 oed . Bubbles Swim 0 - 3yrs
	12:00 - 17:30	Public Swimming . Nofio Cyhoeddus
Dydd Sadwrn Saturday	09:30 - 10:30	Public Swimming . Nofio Cyhoeddus
	10:30 - 11:30	Nofio am Ddim Plant 0-16 i aelodau Free Swimming 0-16 for members
	11:00 - 14:00	Public Swimming . Nofio Cyhoeddus
Dydd Sul	11:00-14:30	Public Swimming . Nofio Cyhoeddus

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27/07/26 - 2/08/26 10/08/26 - 16/08/26 24/08/26 - 30/08/26		
Dydd Llun Monday	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	10:00 - 11:00	Nofio Actf Am Oes . Active For Life Swim
	11:00 - 12:00	Nofio Anabl . Disabled Swim
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	10:30 - 11:30	Nofio am Ddim Plant 0-16 i aelodau Free Swimming 0-16 for members
	11:00 - 14:00	Public Swimming . Nofio Cyhoeddus
Dydd Sul	11:00-14:30	Public Swimming . Nofio Cyhoeddus