

PWLL NOFIO . SWIMMING POOL

Wythnos 1 . Week 1 : 20/07/26 - 26/07/26

Dydd Llun Monday	10:00 - 11:00	Nofio Lôn . Lane Swimming
	11:00 - 13:00	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:30	Inflatable & Sleid . Inflatable and Slide
	15:30 - 16:00	Gwersi Nofio - Ton 3 . Swimming Lesson - wave 3
	16:00-18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:30	Nofio Lôn . Lane Swimming
Dydd Mawrth Tuesday	10:00 - 11:00	Nofio Actif am Oes . Active for Life Swimming
	12:00 - 13:00	Nofio Lôn . Lane Swimming
	13:00 - 14:00	Sesiwn Fflôt . Floats Session
	14:00 - 15:00	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 3 . Swimming Lesson - wave 3
	16:30 - 18:30	Nofio Cyhoeddus . Public Swimming
	18:30 - 19:30	Nofio Lôn . Lane Swimming
Dydd Mercher Wednesday	07:00-09:00	Nofio Lôn . Lane Swimming
	10:00-11:00	Nofio Cyhoeddus . Public Swimming
	12:30 - 13:30	Sesiwn Fflôt . Floats Session
	13:30 - 14:30	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 3 . Swimming Lesson - wave 3
	17:00 - 18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:30	Nofio Lôn . Lane Swimming
Dydd Iau Thursday	10:00 - 11:00	Nofio Cyhoeddus . Public Swimming
	12:00 - 13:30	Nofio Lôn . Lane Swimming
	13:30 - 14:30	Sesiwn Fflôt . Floats Session
	14:30 - 15:30	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 3 . Swimming Lesson - wave 3
	16:30 - 18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:00	Nofio Lôn . Lane Swimming
	19:00 - 19:45	Acwa . Aqua Aerobics
Dydd Gwener Friday	07:00 - 09:00	Nofio Lôn . Lane Swimming
	09:00 - 10:00	Nofio Cyhoeddus . Public Swimming
	12:00 - 13:00	Nofio Lôn . Lane Swimming
	13:00 - 15:30	Nofio Cyhoeddus . Public Swimming
	15:30 - 16:00	Gwersi Nofio - Ton 3 . Swimming Lesson - wave 3
Dydd Sadwrn	10:00- 11:00	Nofio Anabl . Disabled Swim
Dydd Sul Sunday	10:00 - 11:00	Nofio Am Ddim i Aelodau rhwng 0-16yrs . Free members Swim 0-16 yrs
	11:15 - 12:30	Sesiwn Fflôt . Floats Session

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Wythnos 2 . Week 2 : 27/07/26 - 02/08/26

Dydd Llun Monday	10:00 - 11:00	Nofio Lôn . Lane Swimming
	11:00 - 13:00	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:30	Inflatable & Sleid . Inflatable and Slide
	15:30 - 16:00	Gwersi Nofio - Ton 2 . Swimming Lesson - wave 2
	16:00-18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:30	Nofio Lôn . Lane Swimming
Dydd Mawrth Tuesday	10:00 - 11:00	Nofio Actif am Oes . Active for Life Swimming
	12:00 - 13:00	Nofio Lôn . Lane Swimming
	13:00 - 14:00	Sesiwn Fflôt . Floats Session
	14:00 - 15:00	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 2 . Swimming Lesson - wave 2
	16:30 - 18:30	Nofio Cyhoeddus . Public Swimming
	18:30 - 19:30	Nofio Lôn . Lane Swimming
Dydd Mercher Wednesday	07:00-09:00	Nofio Lôn . Lane Swimming
	10:00-11:00	Nofio Cyhoeddus . Public Swimming
	12:30 - 13:30	Sesiwn Fflôt . Floats Session
	13:30 - 14:30	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 2 . Swimming Lesson - wave 2
	17:00 - 18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:30	Nofio Lôn . Lane Swimming
Dydd Iau Thursday	10:00 - 11:00	Nofio Cyhoeddus . Public Swimming
	12:00 - 13:30	Nofio Lôn . Lane Swimming
	13:30 - 14:30	Sesiwn Fflôt . Floats Session
	14:30 - 15:30	Sesiwn Fflôt . Floats Session
	15:30 - 16:00	Gwersi Nofio - Ton 2 . Swimming Lesson - wave 2
	16:30 - 18:00	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:00	Nofio Lôn . Lane Swimming
	19:00 - 19:45	Acwa . Aqua Aerobics
Dydd Gwener Friday	07:00 - 09:00	Nofio Lôn . Lane Swimming
	09:00 - 10:00	Nofio Cyhoeddus . Public Swimming
	12:00 - 13:00	Nofio Lôn . Lane Swimming
	13:00 - 15:30	Nofio Cyhoeddus . Public Swimming
	15:30 - 16:00	Gwersi Nofio - Ton 2 . Swimming Lesson - wave 2
Dydd Sadwrn	10:00- 11:00	Nofio Anabl . Disabled Swim
Dydd Sul Saturday	10:00- 13:30	Nofio Cyhoeddus . Public Swimming
	11:15 - 12:30	Sesiwn Fflôt . Floats Session