

PWLL NOFIO . SWIMMING POOL

Wythnos 5 . Week 5 : 17/08/26 - 23/08/26

Dydd Llun Monday	Pwll Nofio ar gau Swimming Pool Closed	
Dydd Mawrth Tuesday	Pwll Nofio ar gau Swimming Pool Closed	
Dydd Mercher Wednesday	Pwll Nofio ar gau Swimming Pool Closed	
Dydd Iau Thursday	Pwll Nofio ar gau Swimming Pool Closed	
Dydd Gwener Friday	Pwll Nofio ar gau Swimming Pool Closed	
Dydd Sadwrn Saturday	10:00- 11:00	Nofio Anabl . Disabled Swim
	10:00- 13:30	Nofio Cyhoeddus . Public Swimming
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 6 . Week 6 : 24/08/26 - 29/08/26

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 1 . Swimming Lesson - wave 1
	16:00-18:00	Nofio Cyhoeddus . Public Swimming
Dydd Mawrth Tuesday	18:00 - 19:30	Nofio Lôn . Lane Swimming
	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 1 . Swimming Lesson - wave 1
	16:30-18:30	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	18:30 - 19:30	Nofio Lôn . Lane Swimming
	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 1 . Swimming Lesson - wave 1
	16:00 - 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 1 . Swimming Lesson - wave 1
	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
Dydd Sadwrn Saturday	15:30-16:00	Gwersi Nofio - Ton 1 . Swimming Lesson - wave 1
	10:00- 11:00	Nofio Anabl . Disabled Swim
	10:00- 13:30	Nofio Cyhoeddus . Public Swimming