

# PWLL MAWR . BIG POOL

21/07/26 - 30/08/26

Dydd Llun Monday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 17.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public Swimming
	20.00 - 21.00	Nofio Lon . Lane Swimming
Dydd Mawrth Tuesday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 17.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	13.00 - 17.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 19.00	Nofio Cyhoeddus . Public Swimming
	18.30 - 19.00	Plymio Cyhoeddus . Public Diving
	19.30 - 20.00	Gwers Nofio Oedolion (Gwelliant) . Adult Swimming Lessons (Improver)
20.00 - 21.00	Nofio Lon . Lane Swimming	
Dydd Iau Thursday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 17.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public Swimming
	20.00 - 21.00	Nofio Lon . Lane Swimming

# PWLL MAWR . BIG POOL

21/07/26 - 30/08/26

Dydd Gwener Friday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus Lane Swimming and Public Swimming
	13.00 - 17.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.30	Nofio Lon . Lane Swimming
	11.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
Dydd Sadwrn Saturday	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
	15.30 - 17.00	Nofio Cyhoeddus . Public Swimming
	08.00 - 10.00	Nofio Lon . Lane Swimming
Dydd Sul Sunday	10.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
	15.30 - 16.30	Sesiwn Nofio Anabl am Ddim . Free Disabled Swimming Session
	17.00 - 18.00	Nofio Lon . Lane Swimming