

PWLL NOFIO . SWIMMING POOL

26/10/26 - 30/10/26		
Dydd Llun Monday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	10:00-11:00	Nofio Actif am Oes . Active for Life Swimming
	11:15-12:15	Nofio Anabl . Disabled Swim
	12:00-16:00	Nofio Cyhoeddus . Public Swimming
	17:30-20:00	Nofio Cyhoeddus . Public Swimming
Dydd Mawrth Tuesday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	09:30-11:30	Nofio Cyhoeddus (hanner pwll) . Public Swimming (half pool)
	11:30-16:00	Nofio Cyhoeddus . Public Swimming
	17:00-18:00	Sgiliau Nofio . Swim Skills
	18:00-18:45	Gwersi Nofio Oedolion . Adult Swimming Lessons
	18:45-21:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	09:30-14:30	Nofio Cyhoeddus . Public Swimming
	17:30-18:45	Nofio Cyhoeddus . Public Swimming
	18:45-19:30	Acwa . Aqua
Dydd Iau Thursday	07:30-09:00	Nofio Cyhoeddus . Public Swimming
	09:00-09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	10:30-11:15	Acwa . Aqua
	11:15-13:15	Nofio Cyhoeddus . Public Swimming
	13:15-15:00	Nofio Cyhoeddus (hanner pwll) . Public Swimming (half pool)
	15:00-16:00	Nofio Cyhoeddus . Public Swimming
	18:30-21:00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	09:00-09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	09:30-11:15	Nofio Cyhoeddus . Public Swimming
	11:15-12:00	Acwa . Aqua
	12:00-12:30	Swigod 0-3 oed . Bubbles 0-3 yrs*
	12:00-14:30	Nofio Cyhoeddus . Public Swimming (dim pwll bach . no small pool 12:00-12:30)
	14:30-15:30	Nofio am Ddim Plant 0-16 oed . Free Swimming 0-16 yrs
Dydd Sadwrn Saturday	09:30-10:30	Nofio Cyhoeddus . Public Swimming (dim pwll bach . no small pool 12:00-12:30)
	10:30-11:30	Nofio am Ddim Plant 0-16 oed . Free Swimming 0-16 yrs
	11:00-14:00	Nofio Cyhoeddus . Public Swimming
Dydd Sul Sunday	10:30-11:00	Splash 3 oed . Splash 3 yrs*
	11:00-14:30	Nofio Cyhoeddus . Public Swimming

*Rhaid archebu o flaen llaw . Must book in advance