

**GWEITHGAREDDAU PLANT**  
**CHILDRENS ACTIVITIES**  
**Byw'n Iach Bangor**  
**01248 370600**  
**25/05/26 - 31/05/26**



- Mynediad i ddosbarthiadau ffitrwydd dwysedd isel yn ystod y gwyliau.
- Cyrtau allanol am ddim i bobl ifanc (tu allan i archebion y ganolfan)
- Access to low-intensity fitness classes during the holidays
- Outdoor courts free for young people (outside of the centre's bookings)

Archebwch yn y ganolfan, neu ar-lein drwy sganio'r cod QR (archebu a thalu ymlaen llaw hyd at 10 diwrnod o flaen llaw).

Book at the centre or online by scanning the QR code (book and pay in advance up to 10 days ahead).

Dydd . Day	Amser . Time	Gweithgaredd . Activity	Pris . Price
Dydd Llun . Monday	Ar Gau . Closed		
Dydd Mawrth Tuesday	09.30 - 10.00	Gwersi Datblygu Nofio Ton 1 a 2 (4 oed +) Swimming Development Lessons Wave 1 and 2 (4 yrs +)	£6.90
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs	£9.00
Dydd Mercher Wednesday	09.30 - 10.00	Gwersi Datblygu Nofio Ton 1 a 2 (4 oed +) Swimming Development Lessons Wave 1 and 2 (4 yrs +)	£6.90
	10.00 - 10.30	Nofio Swigod 0-3 oed . Bubbles 0-3 yrs	£6.90
	13.00 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs	Am Ddim Free
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs	£9.00
	18.30 - 19.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
Dydd Iau Thursday	09.30 - 10.00	Gwersi Datblygu Nofio Ton 1 a 2 (4 oed +) Swimming Development Lessons Wave 1 and 2 (4 yrs +)	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
Dydd Gwener Friday	09.30 - 10.00	Gwersi Datblygu Nofio Ton 1 a 2 (4 oed +) Swimming Development Lessons Wave 1 and 2 (4 yrs +)	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
Dydd Sadwrn	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
Dydd Sul Sunday	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs	Am Ddim / Free
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60