

# NOFIO . SWIMMING

25/05/26 - 31/05/26

Dydd Llun Monday 25/05/26	10:00-11:00	Lane Swimming
	11:15-12:15	Sesiwn Fflot i'r teulu . Family floats session
	12:15-14:00	Public Swimming
Dydd Mawrth Tuesday 26/05/26	9:45-10:45	Nofio Lôn . Lane Swim
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	13:00-13:45	Aerobeg Dwr . Aqua aerobics
	14:00-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:15-19:15	Nofio Lon . Lane Swimming
	19:30-20:00	Acwa dwr dwfn . Deep water Aqua
Dydd Mercher Wednesday 27/05/26	07:00-8:45	Nofio Lôn . Lane Swim
	9:00-11:00	Nofio Cyhoeddus . Public swimming
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-13:00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	13:00-15:45	Nofio Cyhoeddus . Public swimming
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:00-19:30	Nofio Cyhoeddus . Public swimming
Dydd Iau Thursday 28/05/26	9:00-10:00	Nofio Lon . Lane Swimming
	11:15-12:00	Aerobeg Dwr . Aqua aerobics
	13:45-14:45	Sesiwn flot i'r teulu . Family floats session
	14:45-15:45	Nofio anabl am ddim . Disabled free swim
	16:00-18:00	Gwersi Nofio . Swimming lessons
	18:00-19:00	Nofio Cyhoeddus . Public swimming
	19:00-20:00	Nofio Lon . Lane Swimming
Dydd Gwener Friday 29/05/26	9:00-10:00	Nofio Lon . Lane Swimming
	10:15-10:45	Nofio Swigod 0 - 3 oed . Bubbles Swim 0 - 3 yrs
	11:00-12:00	Sesiwn flot i'r teulu . Family floats session
	12:00-15:00	Nofio Cyhoeddus . Public swimming
	15:30-17:30	Gwersi Nofio . Swimming lessons
	18:00-19:00	Infatable Dŵr . Water Inflatable
Dydd Sadwrn Saturday 30/05/26	10:00-11:00	Sesiwn flot i'r teulu . Family floats session
	11.00-13.45	Nofio Cyhoeddus . Public swimming
	12.45-13.45	Sesiwn Bwm 1:2 . Boom session 1:2
Dydd Sul Sunday 31/05/26	10.00-11.00	Nofio am ddim 0-16 oed . Free swim 0-16 yrs
	11.00-12.00	Sesiwn flot i'r teulu . Family floats session
	12.00-13.00	Nofio Cyhoeddus . Public swimming