

# NOFIO . SWIMMING

25/05/26 - 31/05/26

Dydd Llun . Monday	Ar Gau . Closed	
Dydd Mawrth Tuesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 4 Wave 4 Swimming Development Lessons
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 5+6 Wave 5+6 Swimming Development Lessons
	09:45 - 10:45	Nofio am Ddim oed 0-16 yrs Free Swim
	11:00 - 11:45	Acwa . Aqua
	11:45 - 12:45	Nofio Am Ddim i'r Anabl . Free Disabled Swim
	13:00 - 15:00	Nofio Cyhoeddus . Public Swim***
	18:00 - 20:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 4 Wave 4 Swimming Development Lessons
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 5+6 Wave 5+6 Swimming Development Lessons
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim**
Dydd Iau Thursday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 4 Wave 4 Swimming Development Lessons
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 5+6 Wave 5+6 Swimming Development Lessons
	10:00 - 15:00	Nofio Cyhoeddus . Public Swim**
	18:00 - 19:00	Nofio Cyhoeddus . Public Swim
Dydd Gwener Friday	06:30 - 09:00	Nofio Cyhoeddus . Public Swim
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 4 Wave 4 Swimming Development Lessons
	09:00 - 09:30	Gwersi Datblygu Nofio Ton 5+6 Wave 5+6 Swimming Development Lessons
	10:00 - 12:00	Nofio Cyhoeddus . Public Swim*
	12:00 - 12:30	Nofio Swigod 0 - 3 oed . Bubbles Swim 0 - 3 yrs
	13:00 - 15:00	Nofio Cyhoeddus . Public Swim**
	17:30 - 19:30	Nofio Cyhoeddus . Public Swim
Dydd Sadwrn	08:00-14:30	Nofio Cyhoeddus . Public Swim Pwll bach wedi cau 09:30-10:00
Dydd Sul Sunday	08:00 - 14:30	Nofio Cyhoeddus . Public Swim*
	13:30 - 14:30	Nofio am Ddim 0- 16 oed . 0-16 yrs Free Swim

\*Sleid ar gael 10:30-11:30 a 14:00-15:00 Dydd Llun i Ddydd Gwener . Slide available 10:30-11:30 and 14:00-15:00 Monday to Friday  
 \*\* Sleid ar gael 10:30 - 11:30 a 13:00 - 14:00 Dydd Sadwrn a Sul . Slide available 10:30 - 11:30 and 13:00 - 14:00 Saturday and Sunday