

# PWLL NOFIO . SWIMMING POOL

25/05/26 - 31/05/26

Dydd Llun	08:15 - 12:30	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 . Public Swimming (nifer cyfyngedig . limited number)
	11:30 - 15:45	Nofio Cyhoeddus . Public Swimming
	18:00 - 18:45	Gwersi Nofio Oedolion . Adult Swimming Lessons
	18:45 - 20:00	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday	07:30 - 09:00	Public Swimming . Nofio Cyhoeddus
	09:00 - 09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	09:30 - 14:30	Public Swimming . Nofio Cyhoeddus
	17:30 - 18:45	Public Swimming . Nofio Cyhoeddus
	18:45 - 19:30	Aqua . Acwa
Dydd Iau Thursday	07:30 - 09:00	Public Swimming . Nofio Cyhoeddus
	09:00 - 09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	10:30 - 11:15	Aqua . Acwa
	11:15 - 13:45	Public Swimming . Nofio Cyhoeddus
	13:30 - 15:45	Public Swimming . Nofio Cyhoeddus (nifer cyfyngedig . limited number)
	18:30 - 21:00	Public Swimming . Nofio Cyhoeddus
Dydd Gwener Friday	09:00 - 09:30	Gwersi Datblygu Nofio . Swimming Development Lessons
	11:15 - 12:00	Acwa . Aqua
	10:00 - 12:30	Gwersi Swigod 0 - 3 oed . Bubbles Swim 0 - 3yrs
	12:00 - 15:45	Public Swimming . Nofio Cyhoeddus
Dydd Sadwrn Saturday	09:30 - 10:30	Public Swimming . Nofio Cyhoeddus
	10:30 - 11:30	Nofio am Ddim Plant 0-16 i aelodau Free Swimming 0-16 for members
	11:30 - 14:00	Public Swimming . Nofio Cyhoeddus
Dydd Sul	11:00-14:30	Public Swimming . Nofio Cyhoeddus