

# PWLL NOFIO . SWIMMING POOL

25/05/26 - 31/05/26

Dydd Llun Monday	10.00 - 11.00	Nofio Lon . Lane Swimming
	11.00 - 13.30	Nofio Cyhoeddus . Public Swimming
Dydd Mawrth Tuesday	10.00 - 11.00	Nofio Actif am Oes . Active for Life Swimming
	12.00 - 13.00	Nofio Cyhoeddus . Public Swimming
	18.30 - 20.00	Nofio Lon . Lane Swimming
Dydd Mercher Wednesday	07.00 - 09.00	Nofio Cyhoeddus . Public Swimming
	10.00 - 11.00	Sesiwn Fflot i'r Teulu . Family Floats Session
	11.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00-13.00	Nofio Lon . Lane Swimming
	13.30 - 14.30	Sesiwn Inflatable . Inflatable Session
	18.30 - 20.00	Nofio Lon . Lane Swimming
Dydd Iau Thursday	10.00 - 11.00	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs
	11.00 - 12.00	Sesiwn Fflot i'r Teulu . Family Floats Session
	12.00 - 13.00	Nofio Lon . Lane Swimming
	13.00 - 15.30	Nofio Cyhoeddus . Public Swimming
	17.00 - 18.00	Clwb Nofio . Swimming Club
	18.00 - 19.00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	7.00 - 9.00	Nofio Lon . Lane Swimming
	11.30 - 12.30	Sesiwn Fflot i'r Teulu . Family Floats Session
	12.30 - 14.30	Nofio Cyhoeddus . Public Swimming
	14.30 - 15.30	Nofio Lon . Lane Swimming
	17.00 - 18.30	Nofio Cyhoeddus . Public Swimming
Dydd Sadwrn Saturday	10.00 - 11.00	Nofio Anabl . Disabled Swim
	10.00 - 13:30	Nofio Cyhoeddus . Public Swimming
Dydd Sul Sunday	10.00- 11.00	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs
	11.15 - 12.30	Sesiwn Fflot i'r Teulu . Family Floats Session