

PWLL NOFIO . SWIMMING POOL BYW'N IACH PENLLYN, Y BALA

Wythnos 1 . Week 1: 30/03/26 - 05/04/26

Dydd Llun Monday	11:00-13:00	Nofio Cyhoeddus . Public Swimming
	13:30-14:30	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	18:30-20:00	Nofio Lon . Lane Swimming
Dydd Mawrth Tuesday	10:00-11:00	Nofio Actif am Oes . Active for Life Swimming
	11:15-11:45	Nofio Swigod . Bubbles Swim
	12:00-13:30	Nofio Cyhoeddus . Public Swimming
	13:30-14:30	Nofio Lon . Lane Swimming
Dydd Mercher Wednesday	07:00-09:00	Nofio Cyhoeddus . Public Swimming
	10:00-12:00	Nofio Cyhoeddus . Public Swimming
	12:30-13:30	Nofio Lon . Lane Swimming
	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	Nofio Lon . Lane Swimming
	12:00-14:30	Nofio Cyhoeddus . Public Swimming
	14:00-15:30	Nofio Lon . Lane Swimming
	17:00-18:00	Clwb Nofio . Swimming Club
	18:00-19:00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	11:30-14:30	Nofio Cyhoeddus . Public Swimming
	14:30-15:30	Nofio Lon . Lane Swimming
	17:00-18:00	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

Wythnos 2 . Week 2: 06/04/26 - 12/04/26

Dydd Llun Monday	Ar gau . Closed	
Dydd Mawrth Tuesday	10:00-11:00	Nofio Actif am Oes . Active for Life Swimming
	11:15-11:45	Nofio Swigod . Bubbles Swim
	12:00-13:30	Nofio Cyhoeddus . Public Swimming
	13:30-14:30	Nofio Lon . Lane Swimming
	18:30-20:00	Nofio Lon . Lane Swimming
Dydd Mercher Wednesday	07:00-09:00	Nofio Cyhoeddus . Public Swimming
	10:00-12:00	Nofio Cyhoeddus . Public Swimming
	12:30-13:30	Nofio Lon . Lane Swimming
	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	Nofio Lon . Lane Swimming
	12:00-14:30	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	17:00-18:00	Clwb Nofio . Swimming Club
	18:00-19:00	Nofio Cyhoeddus . Public Swimming