

NOFIO . SWIMMING

BYW’N IACH GLASLYN, PORTHMADOG

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

Dydd Llun Monday	07:30-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-11:00	Nofio Actif am Oes . Active for life swim
	11:00-12:00	Disabled Swim . Nofio Anabl
	12:00-16:00	Public Swimming . Nofio Cyhoeddus
	17:30-20:00	Public Swimming . Nofio Cyhoeddus
Dydd Mawrth Tuesday	07:30-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-16:00	Public Swimming . Nofio Cyhoeddus
	18:00-18:45	Adult Swimming . Gwersi Oedolion
	18:45-20:00	Public Swimming . Nofio Cyhoeddus
Dydd Mercher Wednesday	07:30-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-14:30	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
	10:30-11:15	Aqua . Acwa
	11:15-16:00	Public Swimming . Nofio Cyhoeddus
	18:30-21:30	Public Swimming . Nofio Cyhoeddus
Dydd Gwener Friday	Ar gau . Closed	
Dydd Sadwrn Saturday	09:30-10:30	Public Swimming . Nofio Cyhoeddus
	10:30-11:30	Nofio am Ddim Plant 0-16 . Free Swimming 0-16
	11:30-14:00	Public Swimming . Nofio Cyhoeddus
Dydd Sul Sunday	11:00-14:30	Public Swimming . Nofio Cyhoeddus

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

Dydd Llun Monday	08:00-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-12:30	Public Swimming . Nofio Cyhoeddus
Dydd Mawrth Tuesday	07:30-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-16:00	Public Swimming . Nofio Cyhoeddus
	18:00-18:45	Adult Swimming . Gwersi Oedolion
Dydd Mercher Wednesday	18:45-20:00	Public Swimming . Nofio Cyhoeddus
	07:30-09:00	Public Swimming . Nofio Cyhoeddus
	10:00-14:30	Public Swimming . Nofio Cyhoeddus
Dydd Iau Thursday	17:30-18:45	Public Swimming . Nofio Cyhoeddus
	18:45-19:30	Aqua . Acwa
	07:30-09:00	Public Swimming . Nofio Cyhoeddus
Dydd Gwener Friday	10:30-11:15	Aqua . Acwa
	11:15-16:00	Public Swimming . Nofio Cyhoeddus
	18:30-21:30	Public Swimming . Nofio Cyhoeddus
	10:00 - 11:15	Public Swimming . Nofio Cyhoeddus
Dydd Sadwrn Saturday	11:15 - 12:00	Aqua . Acwa
	12:00 - 12:30	Bubbles 0-3 . Swigod 0-3 (rhaid archebu . must book)
	12:00 - 15:30	Public Swimming . Nofio Cyhoeddus
Dydd Sul Sunday	09:30-10:30	Public Swimming . Nofio Cyhoeddus
	10:30-11:30	Nofio am Ddim Plant 0-16 . Free Swimming 0-16
	11:30-14:00	Public Swimming . Nofio Cyhoeddus
Dydd Sul Sunday	11:00-14:30	Public Swimming . Nofio Cyhoeddus