

NOFIO . SWIMMING

25/05/26 - 31/05/26

Dydd Llun Monday 25/05/26	09:00 - 09:30	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:30 - 10:00	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:00 - 11:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00 - 10:30	Gwers Swigod (Pwll Bach) . Bubbles Swim (Small Pool)
	11:15 - 12:00	Nofio Anabl . Disabled Swim
	12:00 - 13:00	Nofio Lon . Lane Swimming
	13:15 - 14:15	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	14:30 - 15:30m	Nofio Cyhoeddus . Public Swim
	15:30 - 18:00	Gwersi Nofio . Swimming lessons
Dydd Mawrth Tuesday 26/05/26	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:30-10:00	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:00-10:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-12:00	Nofio Cyhoeddus . Public Swim
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-14:00	Nofio am ddim (0-16 oed) . Free Swimming (0-16 years)
	14:00-15:30	Nofio Cyhoeddus . Public Swim
	15:30-18:00	Gwersi Nofio . Swimming lessons
18:15-20:00	Nofio Cyhoeddus (pwll bach 18:15-19:00) . Public Swim (small 18:15-19:00)	
Dydd Mercher Wednesday 27/05/27	07:00-09:00	Nofio lon (2 lon tan 8:00) . Lane Swimming (2 lanes untill 8:00)
	09:00-09:30	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:30-10:00	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:00-10:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-11:00	Nofio Cyhoeddus . Public Swim
	11:00-12:00	Nofio Actif am Oes . Active for Life Swimming
	12:00-13:00	Nofio Lon . Lane Swimming
	13:15-14:15	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	15:30-18:00	Gwersi Nofio . Swimming lessons
18:00-19:00	Nofio Cyhoeddus . Public Swim	
19:00-19:45	Aerobeg Dwr . Aqua Aerobics	
20:00-21:00	Nofio Lon . Lane Swimming	
Dydd Iau Thursday 28/05/26	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:30-10:00	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:00-11:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-10:30	Gwers Swigod (Pwll Bach) . Bubbles Swim (Small Pool)
	11:15-12:00	Aerobeg Dwr 60+ . Aqua Aerobics 60+
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-15:30	Nofio Cyhoeddus . Public Swimming
	15:30-18:00	Gwersi Nofio . Swimming Lessons
18:00-20:00	Nofio Cyhoeddus 3 lôn (pwll bach 18:00-19:00) Public Swim 3 lane (small 18:00-19:00) Nofio Lon (2 lon) . Lane Swim (2 lanes)	

<p>Dydd Gwener Friday 29/05/26</p>	07:45 - 09:00	Nofio Lon . Lane Swimming
	09:00 - 09:30	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:30 - 10:00	Sesiwn Datblygu Nofio Ton 1 + 2 . Swimming Development Session 1 + 2
	09:00 - 10:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00 - 11:00	Nofio Cyhoeddus . Public Swim
	11:15 - 12:00	Nofio Anabl . Disabled Swim
	12:00 - 13:00	Nofio Lon . Lane Swimming
	13:15 - 14:15	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	14:30 - 15:30	Nofio Cyhoeddus . Public Swim
	15:30 - 18:00	Gwersi Nofio . Swimming lessons
	18:00 - 19:00	Nofio Cyhoeddus . Public Swim
	19:00 - 21:00	Nofio Lon . Lane Swimming
<p>Dydd Sadwrn Saturday 30/05/26</p>	09:00 - 11:30	Gwersi Nofio . Swimming lessons
	13:00 - 14:30	Nofio Cyhoeddus . Public Swim
	14:30 - 15:30	Nofio Lon . Lane Swimming
<p>Dydd Sul Sunday 31/05/26</p>	09:00-11:30	Gwersi Nofio . Swimming lessons
	11:30-12:00	Nofio Swigod . Bubbles Swim
	11:30-13:30	Nofio Cyhoeddus . Public Swim
	13:30-14:30	Nofio am Ddim 0-16 oed . Free Swim 0-16 yrs
	14:30-16:00	Nofio Lon . Lane Swim