

**GWEITHGAREDDAU PLANT  
CHILDRENS ACTIVITIES**  
Byw'n Iach Bangor  
01248 370600  
30/03/26 - 12/04/26



- Mynediad i ddosbarthiadau ffitrwydd dwysedd isel yn ystod y gwyliau.
- Cyrtiau allanol am ddim i bobl ifanc (tu allan i archebion y ganolfan)
- Access to low-intensity fitness classes during the holidays
- Outdoor courts free for young people (outside of the centre's bookings)

Archebwch yn y ganolfan, neu ar-lein drwy sganio'r cod QR (archebu a thalu ymlaen llaw hyd at 10 diwrnod o flaen llaw).

Book at the centre or online by scanning the QR code (book and pay in advance up to 10 days ahead).



Dydd . Day	Amser . Time	Gweithgaredd . Activity	Pris . Price
Dydd Llun Monday 30/03/26	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
Dydd Mawrth Tuesday 31/03/26	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs	£9.00
Dydd Mercher Wednesday 01/04/26	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	10.00 - 10.30	Nofio Swigod 0-3 oed . Bubbles 0-3 yrs	£6.90
	13.00 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs	Am Ddim Free
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs	£9.00
Dydd Iau Thursday 02/04/26	18.30 - 19.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
Dydd Gwener Friday 03/04/26	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
Dydd Sadwrn Saturday	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs	Am Ddim Free
Dydd Sul Sunday 05/04/26	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60

Dydd . Day	Amser . Time	Gweithgaredd . Activity	Pris . Price
Dydd Llun Monday	Ar Gau . Closed		
Dydd Mawrth Tuesday 07/03/26	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed Fitness Passport 11-15 yrs	£9.00
Dydd Mercher Wednesday 08/03/26	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	10.00 - 10.30	Nofio Swigod 0-3 oed . Bubbles 0-3 yrs	£6.90
	13.00 - 14.00	Nofio am Ddim 0-16 oed Free Swimming 0-16 yrs	Am Ddim Free
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed Fitness Passport 11-15 yrs	£9.00
Dydd Iau Thursday 09/03/26	18.30 - 19.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
Dydd Gwener Friday 10/03/26	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 + 2 Crash Course Wave 1 + 2	£6.90
	11.00 - 11.30	Gwers Plymio (6-16 oed) . Diving Lesson (6-16 yrs)	£6.70
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
Dydd Sadwrn Saturday	13.00 - 14.00	Inflatable 8-16 oed . Inflatable 8-16 yrs	£6.00
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60
Dydd Sul Sunday 12/03/26	14.30 - 15.30	Nofio am Ddim 0-16 oed Free Swimming 0-16 yrs	Am Ddim Free
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving	£4.10 / £5.60