

# PWLL MAWR . LARGE POOL

| 30/03/26 - 12/04/26                   |               |   |
|---------------------------------------|---------------|---|
| Dydd Llun<br>Monday<br>30/03/26       | 08.00-10.00   | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00   | Nofio Cyhoeddus / Public Swimming<br>(11:30-12:00 pen bas yn unig . shallow end only) |
|                                       | 11:30-12.00   | Deifio Cyhoeddus . Public Diving  |
|                                       | 12.00-13.00   | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 12.00-13.00   | Nofio 60+ / 60+ Swimming  |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00   | Nofio Lon / Lane Swimming   |
|                                       | 18.00-20.00   | Nofio Cyhoeddus / Public Swimming   |
| Dydd Mawrth<br>Tuesday<br>31/03/26    | 08.00-10.00   | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 12.00-13.00   | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00   | Nofio Lon / Lane Swimming   |
|                                       | 18.00-20.00   | Nofio Cyhoeddus / Public Swimming   |
| Dydd Mercher<br>Wednesday<br>01/04/26 | 08.00-10.00   | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 12.00-13.00   | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00   | Nofio Lon / Lane Swimming   |
|                                       | 18.00-19.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 18.30-19.00   | Deifio Cyhoeddus . Public Diving  |
|                                       | 19:00-19:30   | Gwersi Nofio Oedolion (dechreuwr) . Adult Swimming Lessons (beginner)                 |
|                                       | 19:30-20:00   | Gwersi Nofio Oedolion (gwelliant) . Adult Swimming Lessons (improver)                 |
|                                       | 20.00-21.00   | Nofio Lon / Lane Swimming   |
| Dydd Iau<br>Thursday<br>02/04/26      | 08.00-10.00   | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00   | Nofio Cyhoeddus / Public Swimming<br>(11:00-12:00 pen bas yn unig . shallow end only) |
|                                       | 11.30-12.00   | Deifio Cyhoeddus . Public Diving  |
|                                       | 12.00-13.00   | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00   | Nofio Lon / Lane Swimming   |
|                                       | 18.00-20.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 11:00 - 12:00 | Nofio Cyhoeddus / Public Swimming<br>(pen bas yn unig . shallow end only)             |
| Dydd Gwener<br>Friday<br>03/04/26     | 11.30-12.00   | Deifio Cyhoeddus . Public Diving  |
|                                       | 12.00-13.00   | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
|                                       | 13.00-15.00   | Nofio Cyhoeddus / Public Swimming   |
| Dydd Sadwrn<br>Saturday<br>04/04/26   | 11:00 - 16:00 | Nofio Cyhoeddus / Public Swimming<br>(15:30-16:00 pen bas yn unig . shallow end only) |
|                                       | 8:00-10:00    | Nofio Lon / Lane Swimming   |
| Dydd Sul<br>Sunday<br>05/04/26        | 8:00-10:00    | Nofio Lon / Lane Swimming   |
|                                       | 10:00-15:30   | Nofio Cyhoeddus / Public Swimming<br>(15:00-15:30 pen bas yn unig . shallow end only) |

# PWLL MAWR . LARGE POOL

| 30/03/26 - 12/04/26                   |                 |   |
|---------------------------------------|-----------------|---|
| Dydd Llun<br>Monday<br>06/04/26       | AR GAU . CLOSED |   |
| Dydd Mawrth<br>Tuesday<br>07/04/26    | 08.00-10.00     | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 12.00-13.00     | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00     | Nofio Lon / Lane Swimming   |
|                                       | 18.00-20.00     | Nofio Cyhoeddus / Public Swimming   |
| Dydd Mercher<br>Wednesday<br>08/04/26 | 08.00-10.00     | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 12.00-13.00     | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00     | Nofio Lon / Lane Swimming   |
|                                       | 18.00-19.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 18.30-19.00     | Deifio Cyhoeddus . Public Diving  |
|                                       | 19:00-19:30     | Gwersi Nofio Oedolion (dechreuwr) . Adult Swimming Lessons (beginner)                 |
|                                       | 19:30-20:00     | Gwersi Nofio Oedolion (gwelliant) . Adult Swimming Lessons (improver)                 |
|                                       | 20.00-21.00     | Nofio Lon / Lane Swimming   |
| Dydd Iau<br>Thursday<br>09/04/26      | 08.00-10.00     | Nofio Lon / Lane Swimming   |
|                                       | 10.00-12.00     | Nofio Cyhoeddus / Public Swimming<br>(11:00-12:00 pen bas yn unig . shallow end only) |
|                                       | 11.30-12.00     | Deifio Cyhoeddus . Public Diving  |
|                                       | 12.00-13.00     | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.00     | Nofio Lon / Lane Swimming   |
|                                       | 18.00-20.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 06.30-08.00     | Nofio Lon (1 lon) / Lane Swimming (1 lane)  |
| Dydd Gwener<br>Friday<br>10/04/26     | 08.00-10.00     | Nofio Lon / Lane Swimming   |
|                                       | 10:00 - 12:00   | Nofio Cyhoeddus / Public Swimming<br>(11.00-12.00 pen bas yn unig . shallow end only) |
|                                       | 11.30-12.00     | Deifio Cyhoeddus . Public Diving  |
|                                       | 12.00-13.00     | Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming                       |
|                                       | 13.00-15.00     | Nofio Cyhoeddus / Public Swimming   |
|                                       | 17.00-18.30     | Nofio Lon / Lane Swimming   |
| Dydd Sadwrn<br>Saturday<br>11/04/26   | 11:00 - 16:00   | Nofio Cyhoeddus / Public Swimming<br>(15:30-16:00 pen bas yn unig . shallow end only) |
| Dydd Sul<br>Sunday<br>12/04/26        | 8:00-10:00      | Nofio Lon / Lane Swimming   |
|                                       | 10:00-15:30     | Nofio Cyhoeddus / Public Swimming<br>(15:00-15:30 pen bas yn unig . shallow end only) |