

NOFIO . SWIMMING		
CYFNOD NADOLIG . CHRISTMAS PERIOD 22/12/25 - 04/01/26		
Dydd Llun . Monday 22/12/25	13.00-14.00	Nofio Cyhoeddus . Public Swimming
	14.00-15.00	Nofio Actif am Oes . Active for Life Swimming
	15.00-16.00	Sesiwn Fflot i'r Teulu . Family floats session
	16.00-18.45	Nofio Cyhoeddus . Public Swimming
	19.00-20.00	Nofio Lon . Lane swimming
Dydd Mawrth . Tuesday 23/12/25	13.00-13.45	Acwa . Aqua
	14.00-15.00	Sesiwn Fflot i'r Teulu . Family floats session
	15.00-18.00	Nofio Cyhoeddus . Public Swimming
	18.15-19.15	Nofio Lon . Lane swimming
	19.30-20.00	Acwa Dwr Dwfn . Deep water aqua aerobics
Dydd Mercher . Wednesday 24/12/25	07.00-08.45	Nofio Lon . Lane swimming
	09.00-10.00	Nofio Cyhoeddus . Public Swimming
	10.00-11.00	Sesiwn Fflot i'r Teulu . Family floats session
Dydd Iau . Thursday 25/12/25	AR GAU . CLOSED	
Dydd Gwener . Friday 26/12/25	AR GAU . CLOSED	
Dydd Sadwrn . Saturday 27/12/25	10.00-11.00	Sesiwn Fflot i'r Teulu . Family floats session
	11.00-13.45	Nofio Cyhoeddus . Public swimming
Dydd Sul . Sunday 28/12/25	10.00-11.00	Nofio am ddim 0-16 . Free swimming 0-16
	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session
	12.00-13.00	Nofio Cyhoeddus . Public swimming

NOFIO . SWIMMING		
CYFNOD NADOLIG . CHRISTMAS PERIOD 22/12/25 - 04/01/26		
Dydd Llun . Monday 29/12/25	10.00-11.00	Nofio Lon . Lane swimming
	11.00-13.00	Nofio Cyhoeddus . Public swimming
	13.00-14.00	Sesiwn Fflot i'r Teulu . Family floats session
	14.00-15.00	Nofio Actif am Oes . Active for Life Swimming
	15.00-17.00	Nofio Cyhoeddus . Public swimming
Dydd Mawrth . Tuesday 30/12/25	10.00-11.00	Nofio Lon . Lane swimming
	11.00-13.00	Nofio Cyhoeddus . Public swimming
	13.00-13.45	Acwa . Aqua
	13.45-14.45	Sesiwn Fflot i'r Teulu . Family floats session
Dydd Mercher . Wednesday 31/12/25	15.00-17.00	Nofio Cyhoeddus . Public swimming
	07.00-08.45	Nofio Lon . Lane swimming
	09.00-10.00	Nofio Cyhoeddus . Public swimming
Dydd Iau . Thursday 01/01/26	10.00-11.00	Sesiwn Fflot i'r Teulu . Family floats session
	AR GAU . CLOSED	
Dydd Gwener . Friday 02/01/25	09.00-10.00	Nofio Lon . Lane swimming
	10.00-13.00	Nofio Cyhoeddus . Public swimming
	13.00-14.00	Sesiwn Fflot i'r Teulu . Family floats session
	14.00-17.45	Nofio Cyhoeddus . Public swimming
	18.00-19.00	Acwa run 8-11 . Aqua run 8-11
Dydd Sadwrn . Saturday 03/01/25	10.00-11.00	Sesiwn Fflot i'r Teulu . Family floats session
	11.00-13.45	Nofio Cyhoeddus . Public swimming
Dydd Sul . Sunday 04/01/25	10.00-11.00	Nofio am ddim 0-16 . Free swimming 0-16
	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session
	12.00-13.00	Nofio Cyhoeddus . Public swimming