

PWLL NOFIO . SWIMMING POOL

Dydd Llun Monday 22/04/2019	10:15 - 11:00	Nofio Cyhoeddus - Public Swimming
	11:15 - 12:00	Nofio Anabl - Disabled Swimming
	12:00 - 15:15	Nofio Cyhoeddus - Public Swimming
Dydd Mawrth Tuesday 23/04/2019	7:45 - 10:30	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:30 - 13:00	Nofio Cyhoeddus - Public Swimming
	14:00 - 15:00	Inflatable (8-15yrs)
	17:30 - 18:15	Nofio Lon (2 lôn) - Lane Swimming (2 lanes)
	18:15 - 20:00	Nofio Cyhoeddus - Public Swimming
	20:00 - 21:00	Nofio Lon - Lane Swimming
Dydd Mercher Wednesday 24/04/2019	08:00 - 11:00	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	12:00 - 13:00	Nofio Cyhoeddus (3 lôn) . Public Swimming (3 lanes)
	18:00 - 19:00	Nofio Cyhoeddus (3 lôn) . Public Swimming (3 lanes)
	19:00 - 20:00	Merched Yn Unig - Ladies Only
	20:00 - 21:00	Nofio Lôn Oedolion . Adults Lane Swimming
Dydd Iau Thursday 25/04/2019	07:45 - 11:30	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:30 - 12:15	Aerobeg Dwr - Water Aerobics
	11:30 - 12:15	Nofio Lon (2 lôn) - Lane Swimming (2 lanes)
	12:15 - 13:00	Nofio Lon - Lane Swimming
	14:00 - 15:00	Inflatable (8-15yrs)
	18:00 - 19:00	Nofio Cyhoeddus . Public Swimming
	19:00 - 20:00	Nofio Cyhoeddus (2 lôn) -. Public Swimming (2 Lanes)
Dydd Gwener . Friday 26/04/2019	07:30 - 11:00	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:15 - 12:00	Nofio Anabl - Disabled Swimming
	12:00 - 13:00	Nofio Cyhoeddus - Public Swimming
	14:00 - 15:00	Nofio am ddim (o dan 16) . Free Swimming (under 16)
	15:00 - 15:45	Nofio Cyhoeddus - Public Swimming
	17:00 - 18:00	Nofio Cyhoeddus (Pwll mawr yn unig 17:00-18:00) Public Swimming (Main pool only 17:00 - 18:00)
	18:00 - 20:00	Nofio Cyhoeddus - Public Swimming
Dydd Sadwrn . Saturday 27/04/2019	13:15 - 16:00	Nofio Cyhoeddus - Public Swimming
Dydd Sul Sunday 28/04/2019	9:30 - 10:30	Nofio Lon (3 lôn) - Lane Swimming (3 lanes)
	10:30 - 15:00	Nofio Cyhoeddus - Public Swimming
	13:30 - 14:30	Nofio am ddim (o dan 16) . Free Swimming (under 16)
	17:30 - 19:30	Nofio Cyhoeddus - Public Swimming

Pwll bach ar gau rhwng 15:30 - 17:30 yn ddyddiol, 15:30 - 18:30 ar ddydd Mercher a 15:30 - 18:00 ar ddydd Gwener.
Small pool closed between 15:30 - 17:30 daily, 15:30 - 18:30 on Wednesday and 15:30 - 18:00 on Friday.

PWLL NOFIO . SWIMMING POOL

Dydd Llun Monday 15/04/2019	07:30 - 11:00	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:15 - 12:00	Nofio Anabl - Disabled Swimming
	12:00 - 13:00	Nofio Cyhoeddus - Public Swimming
	14:00 - 15:45	Nofio Cyhoeddus - Public Swimming
	18:00 - 19:30	Nofio Cyhoeddus (2 lôn) . Public Swimming (2 lanes)
	19:30 - 21:00	Nofio Cyhoeddus (3 lôn) . Public Swimming (3 lanes)
	20:00 - 20:30	Gwersi Oedolion - Adult Swimming Lessons
Dydd Mawrth Tuesday 16/04/2019	7:45 - 10:30	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:30-13:00	Nofio Cyhoeddus - Public Swimming
	14:00 - 15:00	Inflatable (8-15yrs)
	17:30 - 18:15	Nofio Cyhoeddus (2 lôn) . Public Swimming (2 lanes)
	18:15 - 20:00	Nofio Cyhoeddus - Public Swimming
	20:00 - 21:00	Nofio Lon - Lane Swimming
Dydd Mercher Wednesday 17/04/2019	08:00 - 10:30	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:30 - 13:00	Nofio Cyhoeddus - Public Swimming
	18:00 - 19:00	Nofio Cyhoeddus (3 lôn) . Public Swimming (3 lanes)
	19:00 - 20:00	Merched Yn Unig - Ladies Only
	20:00 - 21:00	Nofio Lôn Oedolion . Adults Lane Swimming
Dydd Iau Thursday 18/04/2019	07:45 - 11:30	Nofio Cyhoeddus (Pwll mawr yn unig 09:30-10:30) Public Swimming (Main pool only 09:30 - 10:30)
	11:30 - 12:15	Aerobeg Dwr - Water Aerobics
	11:30 - 12:15	Nofio Lon (2 lôn) - Lane Swimming (2 lanes)
	12:15 - 13:00	Nofio Lon - Lane Swimming
	14:00 - 15:00	Inflatable (8-15yrs)
	18:00 - 19:00	Nofio Cyhoeddus - Public Swimming
	19:00 - 20:00	Nofio Lon (2 lôn) - Lane Swimming (2 lanes)
Dydd Sadwrn Saturday 20/04/2019	13:15 - 16:00	Nofio Cyhoeddus - Public Swimming
Dydd Sul Sunday 21/04/2019	09:30 - 10:30	Nofio Cyhoeddus (3 lôn) . Public Swimming (3 lanes)
	10:30 - 15:00	Nofio Cyhoeddus . Public Swimming
	13:30 - 14:30	Nofio am ddim (o dan 16) . Free Swimming (under 16)

Pwll bach ar gau rhwng 15:30 - 17:30 yn ddyddiol, 15:30 - 18:30 ar ddydd Mercher.
Small pool closed between 15:30 - 17:30 daily, 15:30 - 18:30 on Wednesday.