

PWLL MAWR . LARGE POOL

14/04/25 - 20/04/25		
Dydd Llun Monday 14/04/25	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00 - 13.00	Nofio Lon a Nofio am Ddim 60+ . Lane Swimming and 60+ Free 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 Tuesday 15/04/25	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 Wednesday 16/04/25	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 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	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 Pen Bas yn Unig . Shallow End Only)
	18.30 - 19.00	Plymio Cyhoeddus . Public Diving
	19.30 - 20.00	Gwers Nofio Oedolion (Gwelliant) . Adult Swimming Lesson (Improver)
	20.00 - 21.00	Nofio Lon . Lane Swimming
Dydd Iau Thursday 17/04/25	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas yn Unig . Shallow End Only)
	11.30 - 12.00	Plymio 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
Dydd Gwener Friday 18/04/25	AR GAU . CLOSED	
Dydd Sadwrn Saturday 19/04/25	11.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
Dydd Sul Sunday 20/04/25	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
	15.30 - 16.30	Sesiwn Nofio Anabl am Ddim . Free Disabled Swimming Session

PWLL MAWR . LARGE POOL

21/04/25 - 27/04/25		
Dydd Llun Monday 21/04/25	11.00 - 12.00	Nofio Cyhoeddus . Public Swimming
	12.00 - 13.00	Nofio Lon a Nofio am Ddim 60+ . Lane Swimming and 60+ Free Swimming
	13.00 - 15.00	Nofio Cyhoeddus . Public Swimming
	17.00 - 18.00	Nofio Lon . Lane Swimming
Dydd Mawrth Tuesday 22/04/25	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
Dydd Mercher Wednesday 23/04/25	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 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	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 Pen Bas yn Unig . Shallow End Only)
	18.30 - 19.00	Plymio Cyhoeddus . Public Diving
	19.30 - 20.00	Gwers Nofio Oedolion (Gwelliant) . Adult Swimming Lesson (Improver)
	20.00 - 21.00	Nofio Lon . Lane Swimming
Dydd Iau Thursday 24/04/25	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas yn Unig . Shallow End Only)
	11.30 - 12.00	Plymio 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
Dydd Gwener Friday 25/04/25	06.30 - 08.00	Nofio Lon (1 Lon) . Lane Swimming (1 Lane)
	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas yn Unig . Shallow End Only)
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
Dydd Sadwrn Saturday 26/04/25	13.00 - 15.00	Nofio Cyhoeddus . Public Swimming
	17.00 - 18.30	Nofio Lon . Lane Swimming
	11.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
Dydd Sul Sunday 27/04/25	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 15.30	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
	15.30 - 16.30	Sesiwn Nofio Anabl am Ddim . Free Disabled Swimming Session