



AMSERLEN  
NOFIO  
SWIMMING  
TIMETABLE

ABERGELE

**FFIT**<sup>↑</sup>  
**CONWY**

  
**CONWY**  
CYNGOR BWRDEISTREF SIROL  
COUNTY BOROUGH COUNCIL

Dydd Llun Monday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Erobeg Dŵr	Aqua Aerobics
09.30	10.15	Nofio Oedolion	Adults Only
10.45	11.30	Nofio Mewn Lôn	Lane Swim
15.45	18.00	Gwersi Nofio	Swimming Lessons
18:00	18:45	Nofio Mewn Lôn	Lane Swim
19.00	19.45	Erobeg Dŵr	Aqua Aerobics
20.15	21.00	Nofio Merched Mewn Lôn	Ladies Only Lane Swim

Dydd Mawrth Tuesday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Nofio Mewn Lôn	Lane Swim
09.30	10.15	Nofio 60+	60+ Swim
10.45	11.30	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
12.00	12.45	Nofio Oedolion	Adults Only
13.15	14.00	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
14.30	15.15	Nofio Mewn Lôn	Lane Swim
15.45	20:00	Gwersi Nofio	Swimming Lessons
20.00	20.45	Sessiwn Nofio Fit	Swim Fit Session

Dydd Mercher Wednesday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Nofio Mewn Lôn	Lane Swim
09.30	10.15	Nofio Oedolion	Adults Only
10.45	11.30	Nofio Mewn Lôn	Lane Swim
12.00	12.45	Erobeg Dŵr	Aqua Aerobics
13.15	14.00	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
14.30	15.15	Nofio Mewn Lôn	Lane Swim
15.45	18.00	Gwersi Nofio	Swimming Lessons
20.20	21.05	Nofio Mewn Lôn	Lane Swim

Dydd Iau Thursday			
O From	i To	Dosbarth	Class
08.15	09.00	Erobeg Dŵr	Aqua Aerobics
09.30	10.15	Nofio Oedolion	Adults Only
10.45	11.30	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
12.00	12.45	Nofio Mewn Lôn	Lane Swim
13.15	14.00	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
14.30	15.15	Nofio Mewn Lôn	Lane Swim
15.45	20.30	Gwersi Nofio	Swimming Lessons

Dydd Gwener Friday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Nofio Mewn Lôn	Lane Swim
09.30	10.15	Nofio Oedolion	Adults Only Swim
10.45	11.30	Nofio Mewn Lôn / Nofio Cyhoedd	Lane Swim / Public Swim
Da12.00	12.45	Nofio Mewn Lôn	Lane Swim
13.15	14.00	Nofio Mewn Lôn	Lane Swim
14.30	15.15	Nofio Mewn Lôn	Lane Swim
15.45	16.30	Nofio Teulu	Family Swim
17.00	17.45	Nofio am ddim I Blant	Childrens Free Swimming

Dydd Sadwrn Saturday			
O From	i To	Dosbarth	Class
08.00	12:30	Gwersi Nofio	Swimming Lessons
12.45	13.30	Nofio Teulu	Family Swim

Dydd Sul Sunday			
O From	i To	Dosbarth	Class
09.00	09.45	Nofio Oedolion	Adults Only Swim
10.15	11.00	Nofio Teulu	Family Swim
11.30	12.15	Nofio Teulu	Family Swim
12.45	13.30	Nofio Teulu	Family Swim

### Plant dan 8 oed

Mae'n rhaid i berson cyfrifol fynd i mewn i'r pwll a'r ystafelloedd newid gyda phlant dan 8 oed, a rhaid i'r person hwn fod yn rhiant neu'n unigolyn 16 oed neu h'yn. Fe ddylid cael un oedolyn ar gyfer pob dau blentyn. Mae'n rhaid i'r rhiant oruchwylio eu plant drwy'r amser a bod mewn cysylltiad agos â phlant sy'n nofwyr gwan neu'n methu nofio. Diffinnir rhiant fel unigolyn dros 16 oed neu unigolyn dan 16 oed os mai'r unigolyn hwnnw yw rhiant biolegol y plentyn neu'r plant. Pan fydd gennych fwy nag un plentyn na allant nofio, fe'ch argymhellir i ddefnyddio cymhorthion arnofio.



### Plant 8 oed a hŷn

Dylai rhieni fod yn ymwybodol bod plant dros wyth oed, yn enwedig y rhai nad ydynt yn gallu nofio neu sy'n nofwyr gwan, fod angen goruchwyliaeth debyg. Felly, mae'n rhaid i'r rheiny sy'n gyfrifol am y plant ystyried gallu nofio pob plentyn a'r lefel o oruchwyliaeth sydd ei hangen yn ogystal â gwrando ar gyngor/cyfarwyddyd staff y pwll nofio.

### Cyfrifoldeb Rhieni

Mae gan rieni gyfrifoldeb penodol am ddiogelwch eu plant. **Mae'r achubwyr bywyd yn gyfrifol am ddiogelwch yr holl nofwyr, ni all rieni ymddihatu'r gyfrifoldeb hon.** Prif rôl achubwr bywyd yw atal sefyllfaoedd peryglus rhag digwydd ac maent wedi eu hyfforddi'n briodol ac yn gymwys i achub bywyd a rhoi cymorth cyntaf os oes angen.

### Children Under the age of 8

Children under the age of 8 must be accompanied in the water and changing rooms by the child's parent or a responsible person who must be aged 16 years or over on a two children to one adult basis. The parent must maintain a constant watch over their children and be in close contact with those of the children who are weak or non-swimmers. A parent is defined as someone over the age of 16 or younger if the person is the biological parent of the child or children. When you have more than one child that cannot swim, floatation aids are recommended.



### Children aged 8 and over

Parents should be aware that children over the age of eight, particularly those who cannot swim or are weak swimmers may also require supervision of a similar level. Those responsible for the children must therefore consider the swimming abilities of all children and the appropriate supervision required, and heed the advice/instruction of the swimming pool staff.

### Parental Responsibility

Parents have a specific responsibility for the safety of their own children. **This cannot be abdicated to lifeguards who are responsible for the safety of all swimmers.** A lifeguard's primary role is to pre-empt dangerous situations from arising and they are suitably trained and qualified to affect a rescue and administer first aid if required.