

|      |                 |               |               |                 |              |     |      |                 |               |               |                 |              |     |
|------|-----------------|---------------|---------------|-----------------|--------------|-----|------|-----------------|---------------|---------------|-----------------|--------------|-----|
| SAD  | Nofio Cyhoeddus |               | 12.30 - 14.45 | Public Swimming |              | SAT | SAD  | Nofio Cyhoeddus |               | 12.30 - 14.45 | Public Swimming |              | SAT |
|      | Dechrau Ffres   |               | 9.30 - 10.30  | Fresh Start     |              | SUN | SUL  | Dechrau Ffres   |               | 9.30 - 10.30  | Fresh Start     |              | SUN |
|      | Nofio Cyhoeddus |               | 10.30 - 14.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 10.30 - 14.45 | Public Swimming |              |     |
| LLUN | Dechrau Ffres   |               | 7.00 - 8.30   | Fresh Start     |              | MON | LLUN | Dechrau Ffres   |               | 7.00 - 8.30   | Fresh Start     |              | MON |
|      | Nofio Cyhoeddus |               | 11.00 - 12.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 8.30 - 15.15  | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 18.00 - 18.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 18.00 - 18.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 19.45 - 20.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 19.45 - 20.30 | Public Swimming |              |     |
|      | Merched yn Unig |               | 20.30 - 21.30 | Ladies Only     |              |     |      | Merched yn Unig |               | 20.30 - 21.30 | Ladies Only     |              |     |
| MAW  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | TUE | MAW  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | TUE |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus |               | 12.00 - 15.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 10.00 - 15.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 21.30 - 22.15 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 21.30 - 22.15 | Public Swimming |              |     |
| MER  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | WED | MER  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | WED |
|      | Nofio Cyhoeddus |               | 12.15 - 15.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 9.00 - 11.15  | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 12.15 - 15.30 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |
| IAU  | Nofio Cyhoeddus |               | 12.00 - 15.45 | Public Swimming |              | THU | IAU  | Nofio Cyhoeddus |               | 9.00 - 15.45  | Public Swimming |              | THU |
|      | Nofio Cyhoeddus |               | 20.15 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.15 - 21.30 | Public Swimming |              |     |
| GWE  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | FRI | GWE  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | FRI |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |      | Nofio Cyhoeddus |               | 10.00 - 12.00 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 15.00 - 18.00 | Public Swimming |              |     |      | Nofio Cyhoeddus | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 15.00 - 18.00 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |

**Week 1 20.07.19 - 26.07.19**

**Week 2 27.07.19 - 02.08.19**

|      |                 |               |               |                 |              |     |      |                 |               |               |                 |              |     |
|------|-----------------|---------------|---------------|-----------------|--------------|-----|------|-----------------|---------------|---------------|-----------------|--------------|-----|
| SAD  | Nofio Cyhoeddus |               | 12.30 - 14.45 | Public Swimming |              | SAT | SAD  | Nofio Cyhoeddus |               | 12.30 - 14.45 | Public Swimming |              | SAT |
|      | SUL             | Dechrau Ffres |               | 9.30 - 10.30    | Fresh Start  |     |      |                 | SUN           | SUL           | Dechrau Ffres   |              |     |
|      | Nofio Cyhoeddus |               | 10.30 - 14.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 10.30 - 14.45 | Public Swimming |              |     |
| LLUN | Dechrau Ffres   |               | 7.00 - 8.30   | Fresh Start     |              | MON | LLUN | Dechrau Ffres   |               | 7.00 - 8.30   | Fresh Start     |              | MON |
|      | Nofio Cyhoeddus |               | 8.30 - 15.15  | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 9.15 - 12.00  | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 18.00 - 18.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 13.00 - 15.15 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 19.45 - 20.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 18.00 - 18.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.30 - 21.30 | Ladies Only     |              |     |      | Nofio Cyhoeddus |               | 19.45 - 20.30 | Public Swimming |              |     |
|      | Merched yn Unig |               | 20.30 - 21.30 | Ladies Only     |              |     |      | Merched yn Unig |               | 20.30 - 21.30 | Ladies Only     |              |     |
| MAW  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | TUE | MAW  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | TUE |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus |               | 10.00 - 15.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 10.00 - 15.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 21.30 - 22.15 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 21.30 - 22.15 | Public Swimming |              |     |
| MER  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | WED | MER  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | WED |
|      | Nofio Cyhoeddus |               | 9.00 - 11.15  | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 9.00 - 11.15  | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 12.15 - 15.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 12.15 - 15.30 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |
| IAU  | Nofio Cyhoeddus |               | 9.00 - 13.00  | Public Swimming |              | THU | IAU  | Nofio Cyhoeddus |               | 9.00 - 13.00  | Public Swimming |              | THU |
|      | Nofio Cyhoeddus |               | 14.30 - 15.45 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 14.30 - 15.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.15 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.15 - 21.30 | Public Swimming |              |     |
| GWE  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | FRI | GWE  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | FRI |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus |               | 10.00 - 12.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 10.00 - 12.00 | Public Swimming |              |     |
|      | Nofio Cyhoeddus | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |      | Nofio Cyhoeddus | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |
|      | Nofio Cyhoeddus |               | 15.00 - 18.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 15.00 - 18.00 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |

**Week 3 03.08.19 - 09.08.19**

**Week 4 10.08.19 - 16.08.19**

|      |                 |               |               |                 |              |     |      |  |               |               |                 |              |     |
|------|-----------------|---------------|---------------|-----------------|--------------|-----|------|--|---------------|---------------|-----------------|--------------|-----|
| SAD  | Nofio Cyhoeddus |               | 12.30 - 14.45 | Public Swimming |              | SAT | SAD  | Nofio Cyhoeddus                                      |               | 12.30 - 14.45 | Public Swimming |              | SAT |
|      | SUL             | Dechrau Ffres |               | 9.30 - 10.30    | Fresh Start  |     |      |  | SUN           | SUL           | Dechrau Ffres   |              |     |
|      | Nofio Cyhoeddus |               | 10.30 - 14.45 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 10.30 - 14.45 | Public Swimming |              |     |
| LLUN | Dechrau Ffres   |               | 7.00 - 8.30   | Fresh Start     |              | MON | LLUN | <b>AR GAU DYDD GWYL BANC<br/>CLOSED BANK HOLIDAY</b> |               |               |                 |              | MON |
|      | Nofio Cyhoeddus |               | 11.00 - 15.15 | Public Swimming |              |     |      |  |               |               |                 |              |     |
|      | Nofio Cyhoeddus |               | 18.00 - 18.45 | Public Swimming |              |     |      |  |               |               |                 |              |     |
|      | Nofio Cyhoeddus |               | 19.45 - 20.30 | Public Swimming |              |     |      |  |               |               |                 |              |     |
|      | Merched yn Unig |               | 20.30 - 21.30 | Ladies Only     |              |     |      |  |               |               |                 |              |     |
| MAW  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | TUE | MAW  | Dechrau Ffres  |               | 7.00 - 9.00   | Fresh Start     |              | TUE |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+   |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus |               | 12.00 - 15.45 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 12.00 - 15.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 21.30 - 22.15 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 21.30 - 22.15 | Public Swimming |              |     |
| MER  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | WED | MER  | Dechrau Ffres  |               | 7.00 - 9.00   | Fresh Start     |              | WED |
|      | Nofio Cyhoeddus |               | 12.15 - 15.30 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 12.15 - 15.30 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 20.00 - 21.30 | Public Swimming |              |     |
| IAU  | Nofio Cyhoeddus |               | 11.00 - 13.00 | Public Swimming |              | THU | IAU  | Nofio Cyhoeddus                                      |               | 11.00 - 13.00 | Public Swimming |              | THU |
|      | Nofio Cyhoeddus |               | 14.30 - 15.45 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 14.30 - 15.45 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.15 - 21.30 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 20.15 - 21.30 | Public Swimming |              |     |
| GWE  | Dechrau Ffres   |               | 7.00 - 9.00   | Fresh Start     |              | FRI | GWE  | Dechrau Ffres  |               | 7.00 - 9.00   | Fresh Start     |              | FRI |
|      | Dros 50+        |               | 9.00 - 10.00  | Over 50's       |              |     |      | Dros 50+   |               | 9.00 - 10.00  | Over 50's       |              |     |
|      | Nofio Cyhoeddus | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |      | Nofio Cyhoeddus                                      | PLANT AM DDIM | 12.00 - 15.00 | Public Swimming | KIDS GO FREE |     |
|      | Nofio Cyhoeddus |               | 15.00 - 18.00 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 15.00 - 18.00 | Public Swimming |              |     |
|      | Nofio Cyhoeddus |               | 20.00 - 21.00 | Public Swimming |              |     |      | Nofio Cyhoeddus                                      |               | 20.00 - 21.00 | Public Swimming |              |     |

**Week 5 19.08.19 - 23.08.19**

**Week 6 24.08.19 - 30.08.19**