

Dydd Sadwrn Saturday	Nofio Cyhoeddus Public Swimming	12.30 - 14.45
Dydd Sul Sunday	Dechrau Ffres Fresh Start	9.30 - 10.15
	Nofio Cyhoeddus Public Swimming	10.15 - 14.45
Dydd Llun Monday	Dechrau Ffres Fresh Start	7.00 - 8.30
	Nofio Cyhoeddus Public Swimming	10.30 - 12.00
	Nofio Cyhoeddus Public Swimming	18.00 - 18.45
	Nofio Cyhoeddus Public Swimming	19.45 - 20.30
	Merched yn Unig Ladies Only	20.30 - 21.30
Dydd Mawrth Tuesday	Dechrau Ffres Fresh Start	7.00 - 9.00
	Nofio Cyhoeddus Public Swimming	10.30 - 12.00
	Dros 50 Over 50	12.00 - 13.00
	Nofio Cyhoeddus Public Swimming	13.00 - 16.00
	Nofio Cyhoeddus Public Swimming	21.30 - 22.15
Dydd Mercher Wednesday	Dechrau Ffres Fresh Start	7.00 - 9.00
	Nofio Cyhoeddus Public Swimming	10.30 - 15.45
	Nofio Cyhoeddus Public Swimming	20.00 - 21.30
Dydd Iau Thursday	Nofio Cyhoeddus Public Swimming	10.30 - 11.45
	Erobeg Dwr Aqua Aerobics	12.00 - 13.00
	Nofio Cyhoeddus Public Swimming	14.30 - 16.00
	Nofio Cyhoeddus Public Swimming	20.15 - 21.30
Dydd Gwener Friday	Dechrau Ffres Fresh Start	7.00 - 9.00
	Nofio Cyhoeddus Public Swimming	10.30 - 12.00
	Dros 50 Over 50	12.00 - 13.00
	Nofio Cyhoeddus Public Swimming	*13.00 - 18.00
	Nofio Cyhoeddus Public Swimming	20.00 - 21.00

***Plant am Ddim / Children go Free 13.00 - 16.00**