

	Sesiwn		Amser	Session		
SAD	Nofio Oedolion		11.15 - 12.15	Adult swimming		SAT
	Sesiwn Hwyl		12.15 - 14.00	Fun Session		
	*Parti Pwll	Cysylltwch Y Dderbynfa	14.15 - 15.15	*Pool Parties	Contact Reception	
SUL	Nofio Mewn Lon		9.00 - 10.00	Lane Swimming		SUN
	Nofio ir teulu		10.00 - 12.30	family swimming		
LLUN	Gwersi dwys		9.00 - 10.00	Intensive Lessons		MON
	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	13.00 - 14.30	Fun Session	£2 per person	
	Nofio Cyhoeddus		14.30 - 18.30	Public Swimming		
	Merched yn Unig		18.30 - 19.30	Ladies Only		
MAW	Dechrau Ffres		7.00 - 9.00	Fresh Start		TUE
	Gwersi dwys		9.00 - 10.00	Intensive Lessons		
	Oedolion yn unig		10.00 - 12.00	Adults Only		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 19.00	Public Swimming		
	"Swim fit" I Oedolion		19.00 - 20.00	Adult Swim Fit		
MER	Gwersi dwys		9.00 - 10.00	Intensive Lessons		WED
	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Am ddim	Uchafswm o 1 awr fesul nofiwr	13.00 - 16.00	Free swimming	1 hour max per swimmer	
	Nofio Cyhoeddus		16.00 - 18.30	Public Swimming		
	Nofio Cyhoeddus	Nofio mewn lon	18.30 - 19.30	Public Swimming	lane swimming	
IAU	Dechrau Ffres		7.00 - 9.00	Fresh Start		THU
	Gwersi dwys		9.00 - 10.00	Intensive Lessons		
	Rhiant & babi		10.00 - 11.00	Parent & Baby		
	Nofio Cyhoeddus		11.00 - 12.00	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 17.30	Public Swimming		
GWE	Oedolion yn unig		10.30 - 12.00	Adults Only		FRI
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	13.00 - 14.30	Fun Session	£2 per person	
	Nofio Cyhoeddus		14.30 - 16.00	Public Swimming		

***Parti Pwll - Pwll ar gael i'w Llogi / *Pool Party - Pool available to hire**



Pwll Nofio
Llanrwst
Swimming Pool



AMSERLEN PWLL NOFIO
SWIMMING POOL
TIMETABLE

23/2/19 – 3/3/19

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Leisure

Aelodaeth
Ffit Conwy
Membership

Gwersi Dwys / Intensive Lessons

Rhester aros / Waiting List

9.00am-9.30am

9.30am – 10.00am

Llun/Mon, Maw/Tues, Mer/Weds & Iau/Thurs

Archebwch a thalu nawr yn y dderbynfa, Lleodd cyfyngedig
/ Book and pay now in reception, Limited spaces