

	Sesiwn		Amser	Session		
SAD	Nofio Oedolion		11.15 - 12.00	Adult swimming		SAT
	Sesiwn Hwyl		12.00 - 13.00	Fun Session		
	nofio am ddim I blant		13.00 - 14.00	Kids free swim		
SUL	Nofio Mewn Ion		9.00 - 10.00	Lane Swimming		SUN
	Nofio ir teulu		10.00 - 12.30	family swimming		
LLUN	Nofio Cyhoeddus		10.30 - 12.00	Public Swimming		MON
	Nofio amser cinio	Nofio mewn Ion	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 18.30	Public Swimming		
	Merched yn Unig		18.30 - 19.30	Ladies Only		
MAW	Dechrau Ffres		7.00 - 9.00	Fresh Start		TUE
	Nofio Cyhoeddus		9.00 - 10.00	Public Swimming		
	Oedolion yn unig		10.00 - 11.00	Adults Only		
	Nofio Cyhoeddus		11.00 - 12.00	Public Swimming		
	Nofio amser cinio	Nofio mewn Ion	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	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		WED
	Nofio amser cinio	Nofio mewn Ion	12.00 - 13.00	Lunchtime swim	Lane swimming	
	nofio am ddim I blant		13.00 - 14.00 & 14.30 - 15.30	Kids swim free		
	Parti Calan Gaeaf		17.00 - 20.00	Halloween parties		
IAU	Dechrau Ffres		7.00 - 9.00	Fresh Start		THU
	Rhiant & babi		9.00 - 10.00	Parent & Baby		
	Nofio Cyhoeddus	1 Ion I Acwa	10.00 - 12.00	Public Swimming	1 lane for aqua	
	Nofio amser cinio	Nofio mewn Ion	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 17.30	Public Swimming		
GWE	Dros 60 yn unig		10.30 - 11.30	Over 60's swim		FRI
	Nofio amser cinio	Nofio mewn Ion	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		12.30 - 16.00	Public Swimming		

Pwll Nofio

Llanrwst

Swimming Pool

01492 577933

Amserlen Pwll Nofio Swimming Timetable

Sad/Sat 26/10/19 – Sul/Sun 03/11/19



Nofio Am Ddim I Blant Free swimming Children

Dydd Mercher - Wednesday

1.00 – 2.00 & 2.30 – 3.30

Polici Mynediad Admissions Policy

Rhaid I blant o dan 8 fod dan ofal unigolyn cyfrifol dros 16.

Under 8's must be accompanied by a responsible person 16 or over.

Mae'n rhaid i riant y plentyn neu berson cyfrifol fynd i mewn i'r pwll gyda phlant 0-7 oed, a rhaid i'r person hwn fod yn 16 oed a throsodd ar sail un oedolyn i ddau o blant. Pan fydd gennych fwy nac un plentyn na allant nofio, fe'ch argymhellir i ddefnyddio cymhorthion arnofio.

Children aged 0-7 must be accompanied in the water 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.

When you have more than one child that cannot swim, floatation aids are recommended.