

	Sesiwn		Amser	Session		
LLUN 15/4	Gwersi dwys		9.00 - 10.00	Intensive Lessons		MON 15/4
	Nofio Cyhoeddus		10.00 - 11.30	Public swimming		
	Nofio amser cinio	Nofio mewn lon	11.30 - 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 16/4	Dechrau Ffres		7.00 - 9.00	Fresh Start		TUE 16/4
	Gwersi dwys		9.00 - 10.00	Intensive Lessons		
	Oedolion yn unig		10.00 - 11.30	Adults Only		
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		12.30 - 18.00	Public Swimming		
	"Swim fit" I dechreuwyr Oedolion		18.15 - 19.00	Adult Swim Fit for beginners		
	"Swim fit" I Oedolion		19.00 - 20.00	Adult Swim Fit		
MER 17/4	Gwersi dwys		9.00 - 10.00	Intensive Lessons		WED 17/4
	Nofio Cyhoeddus		10.30 - 11.30	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Am ddim	Uchafswm o 1 awr fesul nofiwr	12.30 - 15.00	Free swimming	1 hour max per swimmer	
	Nofio Cyhoeddus		15.00 - 19.30	Public Swimming		
IAU 18/4	Dechrau Ffres		7.00 - 9.00	Fresh Start		THU 18/4
	Gwersi dwys		9.00 - 10.00	Intensive Lessons		
	Nofio Cyhoeddus		10.00 - 11.30	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		12.30 - 16.00	Public Swimming		
Ar gau - Dydd Gwener Y Groglith / Good Friday - Closed						
SAD 20/4	Nofio Cyhoeddus		11.15 - 12.15	Adult swimming		SAT 20/4
	Sesiwn Hwyl		12.15 - 14.00	Fun Session		
Ar gau - Dydd Sul Y Pasg / Easter Sunday - Closed						
Ar Gau - Dydd Ilun Y Pasg / Easter Monday - Closed						
MAW 23/4	Dechrau Ffres		7.00 - 10.00	Fresh Start		TUE 23/4
	Oedolion yn unig		10.00 - 11.30	Adults Only		
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		12.30 - 18.00	Public Swimming		
	"Swim fit" I dechreuwyr Oedolion		18.15 - 19.00	Adult Swim Fit for beginners		
	"Swim fit" I Oedolion		19.00 - 20.00	Adult Swim Fit		
MER 24/4	Nofio Cyhoeddus		10.30 - 11.30	Public Swimming		WED 24/4
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Am ddim	Uchafswm o 1 awr fesul nofiwr	12.30 - 15.00	Free swimming	1 hour max per swimmer	
	Nofio Cyhoeddus		15.00 - 19.30	Public Swimming		
IAU 25/4	Dechrau Ffres		7.00 - 9.00	Fresh Start		THUR 25/4
	Rhiant & babanod		9.00 - 10.00	Parent & baby		
	Nofio Cyhoeddus		10.00 - 11.30	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		12.30 - 16.00	Public Swimming		
GWE 26/4	Oedolion yn unig		10.00 - 11.30	Adults Only		FRI 26/4
	Nofio amser cinio	Nofio mewn lon	11.30 - 12.30	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	12.30 - 14.00	Fun Session	£2 per person	
	Nofio Cyhoeddus		14.00 - 16.00	Public Swimming		



Pwll Nofio
Llanrwst
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TIMETABLE

15/4/19 – 26/4/19

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Gwersi Dwys / Intensive Lessons

Ducklings - 9am -9.30am
Ton 1&2 - 9.30am-10am
15/4 – 18/4 - £13

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

