

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				SUL	Dechrau Ffres		9.30 - 10.30	
	Nofio Cyhoeddus		10.30 - 14.45	Public Swimming		SUN		Nofio Cyhoeddus		10.30 - 14.45	Public Swimming		SUN
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				SUL	Dechrau Ffres		9.30 - 10.30	
SUL	Nofio Cyhoeddus		10.30 - 14.45	Public Swimming		SUN	SUN	Nofio Cyhoeddus		10.30 - 14.45	Public Swimming		SUN
	LLUN	Dechrau Ffres		7.00 - 8.30	Fresh Start				LLUN	Dechrau Ffres		7.00 - 8.30	
LLUN	Nofio Cyhoeddus		11.00 - 15.15	Public Swimming		MON	LLUN	Nofio Cyhoeddus		8.30 - 15.15	Public Swimming		MON
	Nofio Cyhoeddus		18.00 - 18.45	Public Swimming				Nofio Cyhoeddus		18.00 - 18.45	Public Swimming		
LLUN	Nofio Cyhoeddus		19.45 - 20.30	Public Swimming		MON	LLUN	Nofio Cyhoeddus		19.45 - 20.30	Public Swimming		MON
	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		
MAW	Nofio Cyhoeddus		12.00 - 15.45	Public Swimming		TUE	MAW	Nofio Cyhoeddus		10.00 - 15.45	Public Swimming		TUE
	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 12.15 - 15.30	Public Swimming		
MER	Nofio Cyhoeddus		20.00 - 21.30	Public Swimming		WED	MER	Nofio Cyhoeddus		20.00 - 21.30	Public Swimming		WED
	IAU	Nofio Cyhoeddus		11.00 - 13.00	Public Swimming				IAU	Nofio Cyhoeddus		9.00 - 15.45	
IAU	Nofio Cyhoeddus		14.30 - 15.45	Public Swimming		THU	IAU	Nofio Cyhoeddus		20.15 - 21.30	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		
GWE	Nofio Cyhoeddus	PLANT AM DDIM	12.00 - 15.00	Public Swimming	KIDS GO FREE	FRI	GWE	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		FRI
	Nofio Cyhoeddus		15.00 - 18.00	Public Swimming				Nofio Cyhoeddus	PLANT AM DDIM	12.00 - 15.00	Public Swimming	KIDS GO FREE	
GWE	Nofio Cyhoeddus		20.00 - 21.00	Public Swimming		FRI	GWE	Nofio Cyhoeddus		15.00 - 18.00	Public Swimming		FRI
	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 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		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	AR GAU DYDD GWYL BANC CLOSED BANK HOLIDAY					MON
	Nofio Cyhoeddus		11.00 - 12.00	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		12.00 - 15.45	Public Swimming		THU	IAU	Nofio Cyhoeddus		11.00 - 13.00	Public Swimming		THU
	Nofio Cyhoeddus		20.15 - 21.30	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 1 20.07.19 - 26.07.19

Week 6 24.08.19 - 30.08.19

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.

Nofio Am Ddim I Blant

O cynhelir ein sesiwn nofio am ddim fel a ganlyn:

Dydd Gwener 12.00 – 15.00

Cofiwch fod ciwiau'n debyol oherwydd poblogrwydd y sesiynau hyn.

Free Swimming for Kids

Our free swimming session will run as follows:

Friday 12.00 – 15.00

Please be aware that due to the popularity of these sessions, queues may be likely.

GWEITHGAREDDAU HAF / SUMMER ACTIVITIES

***POB DYDD MAWRTH a IAU
EVERY TUESDAY & THURSDAY***

8.00 - 17.00 £17.55 / £23.40

cysylltwch y dderbynddfa / contact reception

GWESRI NOFIO DWYS / INTENSIVE SWIMMING LESSONS

WYTHNOS 1.5 & 6 WEEKS 1.5 & 6

cysylltwch y dderbynddfa / contact reception



**CANOLFAN HAMDDEN
ABERGELE
LEISURE CENTRE**

01492 577940



**AMSERLEN PWLL NOFIO
SWIMMING POOL
TIMETABLE**

20.07.19 – 30.08.19

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