

# NOVA - AMSERLEN NOFIO

23ain Chwefror - 29ain Mawrth 2026

## Dydd Llun

6.30am – 7.30am Lôn Oedolion >  
7.45am – 8.45am Lôn Oedolion >  
9.30am – 11.00am Gwersi Nofio  
11.00am – 12.00pm Nofio Ysgol  
12.15pm – 1.00pm Nofio Rhieni a Phlant Bach ~  
1.15pm – 2.15pm Lôn Oedolion >  
2.30pm – 3.30pm Nofio Anabledd  
4.00pm – 7.15pm Gwersi Nofio  
7.30pm – 8.30pm Erobeg Dŵr

## Dydd Mawrth

6.30am – 7.30am Lôn Oedolion >  
7.45am – 8.45am Lôn Oedolion >  
9.30am – 10.30am Nofio Ysgol  
10.30am – 11.00am Nofio Ysgol  
12.45pm – 1.45pm Flying Start  
3.30pm – 7.15pm Gwersi Nofio  
7.30pm – 8.30pm Lôn Oedolion >

## Dydd Mercher

6.30am – 7.30am Lôn Oedolion #  
7.45am – 8.45am Lôn Oedolion >  
12.00pm – 1.00pm Erobeg Dŵr >  
2.30pm – 3.45pm Lôn Oedolion >  
4.00pm – 5.30pm Cyhoedd >  
5.45pm – 7.00pm Cyhoedd >  
7.30pm – 8.30pm Lôn Oedolion >\$

## Dydd Iau

6.30am – 7.30am Lôn Oedolion >  
7.45am – 8.45am Lôn Oedolion >  
9.30am – 10.30am Nofio Ysgol  
10.30am – 11.30am Gwersi Nofio  
12.00pm – 1.00pm Lôn Oedolion >  
1.15pm – 2.15pm Cyhoedd > ~  
4.00pm – 7.15pm Gwersi Nofio  
7.30pm – 8.30pm Nofio Anabledd am ddim

## Dydd Gwener

6.30am – 7.30am Lôn Oedolion >  
7.45am – 8.45am Lôn Oedolion >  
9.30am – 10.30am Nofio Ysgol  
10.30am – 11.30am Nofio Ysgol  
12.00pm – 1.00pm Lôn Oedolion >  
1.15pm – 2.15pm Nofio Rhieni a Phlant Bach ~  
4.00pm – 5.30pm Cyhoedd >  
6.00pm – 7.00pm Lôn Oedolion >\$

## Dydd Sadwrn

8.30am – 9.30am Lôn Oedolion >\$  
9.45am – 10.45am Nofio Rhieni a Phlant Bach  
11.00am – 12.45pm Cyhoedd >  
1.00pm – 2.00pm Lôn Oedolion >  
2.30pm – 4.00pm Cyhoedd >

## Dydd Sul

8.30am – 12.45pm Gwersi Nofio  
1.00pm – 2.00pm Nofio I'r Teulu O Dan 16 Am Ddim >  
2.30pm – 4.00pm Cyhoedd >

# Sesiwn am ddim I bob nofwyr dross 60  
> £3.00 ar gyfer holl nofwyr 60+  
~ Prif bwll yn unig

\$ Plant oed 11-15 yngallu mynchu  
Dan 8 oed – Cyfeiriwch at ein polisi derbyn  
Gall yr amserlen hon newid



DEWCH O HYD I'N  
AMSERLENNI AR  
AP DLL

