

NOVA - AMSERLEN NOFIO

30eg Mawrth – 12eg Ebrill 2026

Dydd Llun

6.30am – 7.30am
7.45am – 8.45am
9.30am – 11.00am
11.15am – 12.15pm
12.45pm – 2.00pm
2.30pm – 3.30pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Nofio Rhieni a Phlant Bach ~
Nofio I'r Teulu > ~
Nofio Anabledd am ddim
Gwersi Nofio
Erobeg Dŵr >

Dydd Mawrth

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
10.15am – 11.15am
12.45pm – 1.45pm
2.00pm – 3.00pm
3.30pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Nofio Rhieni a Phlant Bach ~
Lôn Oedolion >
Nofio I'r Teulu > ~
Cyhoedd > ~
Gwersi Nofio
Lôn Oedolion >

Dydd Mercher

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
12.00pm – 1.00pm
2.45pm – 3.45pm
4.00pm – 5.30pm
5.45pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion #
Lôn Oedolion >
Nofio Rhieni a Phlant Bach ~
Erobeg Dŵr >
Lôn Oedolion >
Nofio I'r Teulu >
Cyhoedd >
Lôn Oedolion >

Dydd Iau

6.30am – 7.30am
7.45am – 8.45am
10.00am – 11.30am
12.00pm – 1.00pm
1.15pm – 2.15pm
2.30pm – 3.30pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Lôn Oedolion >
Nofio I'r Teulu > ~
Cyhoedd > ~
Gwersi Nofio
Nofio Anabledd am ddim

Dydd Gwener

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
12.00pm – 1.30pm
2.00pm – 3.30pm
4.00pm – 5.30pm
6.00pm – 7.00pm

Lôn Oedolion >
Lôn Oedolion >
Nofio Rhieni a Phlant Bach ~
Lôn Oedolion >
Nofio I'r Teulu > ~
Cyhoedd > ~
Lôn Oedolion >

Dydd Sadwrn

8.30am – 9.30am
9.45am – 10.45am
11.00am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Lôn Oedolion >
Nofio Rhieni a Phlant Bach
Nofio I'r Teulu >
Lôn Oedolion >
Cyhoedd >

Dydd Sul

8.30am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Gwersi Nofio
Nofio I'r Teulu O Dan 16 Am Ddim > *
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

