

NOVA - AMSERLEN NOFIO

13eg Ebrill – 24eg Mai 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

