NOVA - AMSERLEN NOFIO

2il Tachwedd 2026 - 20fed Rhagfyr 2026

Dydd Llun

6.30am – 7.30am	Lôn Oedolion >
7.45am – 8.45am	Lôn Oedolion >
9.30am – 10:30am	Nofio Ysgol
10:30am – 11:00am	Nofio Ysgol
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 >
9:15am – 10:00am	Nofio Rhieni a Phlant Bach ~
10:15am – 11:15am	Lôn Oedolion >
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 >
9:15am – 10:00am	Nofio Rhieni a Phlant Bach ~
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 >
9:15am – 10:00am	Nofio Rhieni a Phlant Bach ~
11:00am – 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