

Time	Session	Facility
12:15 pm - 1:15 pm	Oedolion yn Nofio / Adult Swim	Pwll Nofio--Swimming Pool
12:15 pm - 1:30 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
12:30 pm - 2:00 pm	Oedolion yn Nofio / Adult Swim	Pwll Nofio--Swimming Pool
1:00 pm - 2:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:15 pm - 2:15 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:30 pm - 2:30 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:45 pm - 2:45 pm	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool
1:45 pm - 2:45 pm	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool
2:00 pm - 3:30 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
2:15 pm - 3:15 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
2:15 pm - 3:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
2:30 pm - 3:30 pm	Eitemau Awyr yn y Pwll / Pool Inflatable	Pwll Nofio--Swimming Pool
3:00 pm - 4:00 pm	NPLQ Course	Pwll Nofio--Swimming Pool
3:00 pm - 4:00 pm	NPLQ Course	Pwll Nofio--Swimming Pool

Time	Session	Facility
4:00 pm - 5:50 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
4:00 pm - 5:50 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
6:00 pm - 9:00 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
6:00 pm - 9:00 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
9:00 pm - 10:00 pm	Oedolion yn Nofio / Adult Swim	Pwll Nofio--Swimming Pool
9:00 pm - 10:00 pm	Oedolion yn Nofio / Adult Swim	Pwll Nofio--Swimming Pool