



| <b>Time</b>         | <b>Session</b>                                     | <b>Facility</b>           |
|---------------------|--|---------------------------|
| 10:00 am - 11:00 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 10:00 am - 11:00 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 10:00 am - 11:00 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 10:00 am - 11:00 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 10:00 am - 11:00 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 10:00 am - 11:30 am | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Rhieni a Phlant Bach / Parent & Toddler            | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:15 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:15 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:15 pm | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:30 pm | Nofio i'r Teulu / Family Swim                      | Pwll Nofio--Swimming Pool |
| 11:30 am - 12:00 pm | Gwersi Nofio Seren For / Starfish Swimming Lessons | Pwll Nofio--Swimming Pool |
| 11:30 am - 12:30 pm | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 11:45 am - 1:00 pm  | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |
| 12:00 pm - 1:00 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:00 pm - 1:30 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:00 pm - 2:00 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:15 pm - 1:15 pm  | Adult Swim   | Pwll Nofio--Swimming Pool |
| 12:15 pm - 1:15 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:15 pm - 1:15 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:15 pm - 1:15 pm  | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |

| <b>Time</b>        | <b>Session</b>                                     | <b>Facility</b>           |
|--------------------|--|---------------------------|
| 12:15 pm - 1:15 pm | Oedolion yn Nofio / Adult Swim                     | Pwll Nofio--Swimming Pool |
| 12:15 pm - 1:15 pm | Oedolion yn Nofio / Adult 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 |
| 1:30 pm - 3:00 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  | 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 |
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| 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 |
| 4:00 pm - 6:20 pm  | Gwersi Nofio Seren For / Starfish Swimming Lessons | Pwll Nofio--Swimming Pool |
| 6:30 pm - 8:00 pm  | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio--Swimming Pool |

| <b>Time</b>       | <b>Session</b> | <b>Facility</b>           |
|-------------------|----------------|---------------------------|
| 8:00 pm - 9:00 pm | Private Hire   | Pwll Nofio--Swimming Pool |