

SWIMMING POOL TIMETABLE

Monday 3rd November – Friday 19th December 2025

Please be aware these sessions may be subject to change, please check our live bookings on our App/Website.



Mondays:

6:00–8:00	Lane Swimming
8:05–15:30	Lane Swimming
8:20–9:20	Public Swimming
11:50–12:50	Family Swimming**
12:05–13:05	Aqua Fit
19:00–19:45	Junior Swim Fit
20:00–22:00	Public Swimming
21:05–22:00	Lane Swimming

Tuesdays:

6:00–8:30	Lane Swimming
7:30–8:30	Adult Swim Fit
8:20–9:20	Public Swimming
8:35–10:00	Lane Swimming
10:00–11:00	Aqua Therapy
11:30–16:30	Lane Swimming
12:10–13:10	Aqua Fit
12:30–13:30	Family Swimming**
13:35–14:35	Family Swimming**
14:45–15:45	Public Swimming

Wednesdays:

6:00–8:30	Lane Swimming
8:05–15:30	Lane Swimming
8:20–9:20	Public Swimming
9:25–10:25	Family Swimming**
10:30–11:30	Family Swimming**
11:15–12:15	Public Swimming
11:35–12:35	Family Swimming**
12:25–13:25	Aqua Fit
14:45–15:45	Family Swimming**
19:30–20:15	Adult Beginner Lessons
20:15–21:00	Adult Beginner Lessons
20:00–22:00	Lane Swimming
20:45–21:45	Adult Swim Fit

	Variable Pool
	2 Metre
	Small Pool
	Group Class
	Junior Activities

Thursdays:

6:00–8:30	Lane Swimming
8:05–16:00	Lane Swimming
8:20–9:20	Public Swimming
9:25–10:25	Family Swimming**
12:15–13:15	Public Swimming
13:45–14:45	Family Swimming**
14:45–15:45	Public Swimming
19:00–20:00	Lane Swimming

Fridays:

7:05–9:05	Lane Swimming
8:05–15:00	Lane Swimming
8:10–9:10	Public Swimming
8:20–9:20	Public Swimming
9:25–12:35	Family Swimming**
12:05–13:05	Aqua Fit
13:15–14:45	Public Swimming
18:30–19:15	Adult Advanced Lessons
19:15–20:00	Adult Intermediate lessons
20:05–22:00	Public Swimming
21:00–22:00	Lane Swimming

Saturdays:

8:00–9:00	Rookies
9:30–12:00	Lane Swimming
11:00–12:00	Public Swimming
11:05–12:05	Family Swimming**
12:30–15:25	Birthday Party slots

Please contact the centre for birthday party information!

Sundays:

9:00–10:00	FREE Public Swimming
9:00–10:00	Adult Swim Fit
10:10–11:10	Public Swimming
9:00–14:00	Lane Swimming
9:10–10:10	Floats & Fun
10:20–11:20	Floats & Fun
11:20–12:20	Floats & Fun
12:30–13:30	Public Swimming
11:30–13:30	Family Swimming**
13:40–14:40	

** The child admission policy is temporarily relaxed during this session, allowing more children per accompanying adult. For full details, please refer to our admission policy.



AMSERLEN PWLL NOFIO

Dydd Llun 3 Tachwedd – Dydd Gwener 19 Rhagfyr 2025

Mae'n debyg y bydd angen i chi fod yn ymwybodol y gall y sesiynau hyn newid, gwnewch yn siŵr i wirio ein bookiadau byw ar ein App/Gwefan.



Dydd Llun:

6:00–8:00	Nofio Lôn
8:05–15:30	Nofio Lôn
8:20–9:20	Nofio Cyhoeddus
11:50–12:50	Nofio i'r teulu**
12:05–13:05	Aerobeg Dŵr
19:00–19:45	Ffitrwydd Nofio Iau
20:00–22:00	Nofio Cyhoeddus
21:05–22:00	Nofio Lôn

Dydd Mawrth:

6:00–8:30	Nofio Lôn
7:30–8:30	Ffitrwydd Nofio
8:20–9:20	Nofio Cyhoeddus
8:35–10:00	Nofio Lôn
10:00–11:00	Therapi Dŵr
11:30–16:30	Nofio Lôn
12:10–13:10	Aerobeg Dŵr
12:30–13:30	Nofio i'r teulu**
13:35–14:35	Nofio i'r teulu**
14:45–15:45	Nofio Cyhoeddus

Dydd Mercher:

6:00–8:30	Nofio Lôn
8:05–15:30	Nofio Lôn
8:20–9:20	Nofio Cyhoeddus
9:25–10:25	Nofio i'r teulu**
10:30–11:30	Nofio i'r teulu**
11:15–12:15	Nofio Cyhoeddus
11:35–12:35	Nofio i'r teulu**
12:25–13:25	Aerobeg Dŵr
14:45–15:45	Nofio i'r teulu**
19:30–20:15	Gwersi Nofio Oedolion
20:15–21:00	Gwersi Nofio Oedolion
20:00–22:00	Nofio Lôn
20:45–21:45	Ffitrwydd Nofio

	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosbarth
	Gweithgaredd Iau

Dydd Iau:

6:00–8:30	Nofio Lôn
8:05–16:00	Nofio Lôn
8:20–9:20	Nofio Cyhoeddus
9:25–10:25	Nofio i'r teulu**
12:15–13:15	Nofio Cyhoeddus
13:45–14:45	Nofio i'r teulu**
14:45–15:45	Nofio Cyhoeddus
19:00–20:00	Nofio Lôn

Dydd Gwener:

7:05–9:05	Nofio Lôn
8:05–15:00	Nofio Lôn
8:10–9:10	Nofio Cyhoeddus
8:20–9:20	Nofio Cyhoeddus
9:25–12:35	Nofio i'r teulu**
12:05–13:05	Aerobeg Dŵr
13:15–14:45	Nofio Cyhoeddus
18:30–19:15	Gwersi Uwch i Oedolion
19:15–20:00	Gwersi Rhynggradd Oedolion
20:05–22:00	Nofio Cyhoeddus
21:00–22:00	Nofio Lôn

Dydd Sadwrn:

8:00–9:00	Rookies
9:30–12:00	Nofio Lôn
11:00–12:00	Nofio Cyhoeddus
11:05–12:05	Nofio i'r teulu**
12:30–15:25	Parti Pen-blwydd

Cysylltwch â'r ganolfan i gael gwybodaeth am bartion pen-blwydd!

Dydd Sul:

9:00–10:00	Nofio Cyhoeddus Am Ddim
9:00–10:00	Ffitrwydd Nofio
10:10–11:10	Nofio Cyhoeddus
9:00–14:00	Nofio Lôn
9:10–10:10	Fflotiau a Hwyl
10:20–11:20	Fflotiau a Hwyl
11:20–12:20	Fflotiau a Hwyl
12:30–13:30	Fflotiau a Hwyl
11:30–13:30	Nofio Cyhoeddus
13:40–14:40	Nofio i'r teulu**

** Mae'r polisi derbyn plant wedi'i ymladd yn drosiannedd yn ystod y sesiwn hon, gan ganiatáu mwy o blant y gymdeithaswr oedolyn. I gael manylion llawn, pleases cyfeiriwch at ein polisi derbyn.

