

SWIMMING POOL TIMETABLE

Monday 16th June – Sunday 20th July 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
8:00–9:25	Public Swimming
8:00–16:00	Lane Swimming
11:50–12:45	Family Swimming**
12:05–13:05	Aqua Fit
14:45–15:45	Public Swimming
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
8:00–10:00	Public Swimming
8:35–10:00	Lane Swimming
10:00–11:00	Aqua Therapy
12:10–13:10	Aqua Fit
14:30–15:30	Public Swimming
18:55–20:25	Public Swimming
20:45–21:45	Lane Swimming

Wednesdays:

6:00–8:30	Lane Swimming
8:00–10:00	Public Swimming
11:00–12:30	Family Swimming**
11:15–12:15	Public Swimming
12:25–13:25	Aqua Fit
14:45–15:45	Public Swimming
14:45–15:45	Public Swimming
19:30–20:15	Adult Beginner Lessons
20:15–21:00	Adult Beginner Lessons
20:00–20:50	Public Swimming
20:45–21:45	Adult Swim Fit
21:00–22:00	Lane Swimming

Thursdays:

6:00–8:30	Lane Swimming
8:00–10:00	Public Swimming
8:05–4:00	Lane Swimming
12:05–2:55	Public Swimming
13:35–15:30	Public Swimming
19:00–20:00	Lane Swimming

Fridays:

7:05–8:05	Lane Swimming
8:00–10:30	Family Swimming**
8:05 15:00	Lane Swimming
11:00–12:55	Public 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
20:00–22:00	Lane Swimming
20:30 –22:00	Public Swimming

Saturdays:

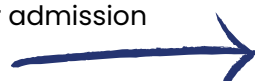
8:00–9:00	Rookies
9:30–12:00	Lane Swimming
11:00–12:00	Public Swimming

Sundays:

9:00–10:00	FREE Public Swimming
10:10–11:10	Pubic Swimming
9:00–13:30	Lane Swimming
9:10–10:10	Floats & Fun
10:20–11:20	Floats & Fun
11:20–12:20	Floats & Fun
12:30–13:30	Floats & Fun
11:30–13:30	Public Swimming
13:35–14:35	Public Swimming

	Variable Pool
	2 Metre
	Small Pool
	Group Class
	Junior Activities

** 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 16 Mehefin - Dydd Sul 20th Gorffennaf 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
8:00-9:25	Nofio Cyhoeddus
8:00-16:00	Nofio Lôn
11:50-12:45	Nofio i'r teulu**
12:05-13:05	Aerobeg Dŵr
14:45-15:45	Nofio Cyhoeddus
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
8:00-10:00	Nofio Cyhoeddus
8:35-10:00	Nofio Lôn
10:00-11:00	Therapi Dŵr
12:10-13:10	Aerobeg Dŵr
14:30-15:30	Nofio Cyhoeddus
18:55-20:25	Nofio Cyhoeddus
20:45-21:45	Nofio Lôn

Dydd Mercher:

6:00-8:30	Nofio Lôn
8:00-10:00	Nofio Cyhoeddus
11:00-12:30	Nofio i'r teulu**
11:15-12:15	Nofio Cyhoeddus
12:25-13:25	Aerobeg Dŵr
14:45-15:45	Nofio Cyhoeddus
14:45-15:45	Nofio Cyhoeddus
19:30-20:15	Gwersi Nofio Oedolion
20:15-21:00	Gwersi Nofio Oedolion
20:00-20:50	Nofio Cyhoeddus
20:45-21:45	Ffitrwydd Nofio
21:00-22:00	Nofio Lôn

Dydd Iau:

6:00-8:30	Nofio Lôn
8:00-10:00	Nofio Cyhoeddus
8:05-4:00	Nofio Lôn
12:05-2:55	Nofio Cyhoeddus
13:35-15:30	Nofio Cyhoeddus
19:00-20:00	Nofio Lôn

Dydd Gwener:

7:05-8:05	Nofio Lôn
8:00-10:30	Nofio i'r teulu**
8:05 15:00	Nofio Lôn
11:00-12:55	Nofio Cyhoeddus
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
20:00-22:00	Nofio Lôn
20:30 -22:00	Nofio Cyhoeddus

Dydd Sadwrn:

8:00-9:00	Rookies
9:30-12:00	Nofio Lôn
11:00-12:00	Nofio Cyhoeddus

Dydd Sul:

9:00-10:00	Nofio Cyhoeddus Am Ddim
10:10-11:10	Nofio Cyhoeddus
9:00-13:30	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
13:35-14:35	Nofio Cyhoeddus

	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosbarth
	Gweithgaredd Iau

** 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, please cyfeiriwch at ein polisi derbyn.

