

SWIMMING POOL TIMETABLE Page 1



Monday 25th – Sunday 31st May 2026

We have reduced opening hours on Bank Holidays which may have an affect our sessions & times.

Monday 25th May (BH)

8:00am – 10:00am **Lane Swimming**
 8:20am – 10:00am **Public Swimming**
 10:00am – 1:00pm **Lane Swimming**
 10:30am – 11:30am **Disco Floats & Fun**
 10:30am – 11:30am **Disco Floats & Fun**
 11:30am – 12:30pm **Disco Floats & Fun**
 11:30am – 12:30pm **Disco Floats & Fun**

Tuesday 26th May

6:00am – 8:30am **Lane Swimming**
 7:30am – 8:30am **Adult Swim Fit**
 8:30am – 9:30am **Lane Swimming**
 10:00am – 11:00am **ALN Family Swim**
 10:00am – 11:00am **Aqua Therapy**
 11:30am – 3:55pm **Lane Swimming**
 12:00pm – 1:00pm **Public Swimming**
 12:10pm – 1:10pm **Aqua fit**
 1:30pm – 2:30pm **Disco Floats & Fun**
 1:30pm – 2:30pm **Disco Floats & Fun**
 2:30pm – 3:30pm **Disco Floats & Fun**
 2:30pm – 3:30pm **Disco Floats & Fun**
 4:00pm – 6:00pm **Public Swimming**
 4:00pm – 6:30pm **Lane Swimming**
 8:00pm – 9:00pm **Lane Swimming**

Wednesday 27th May

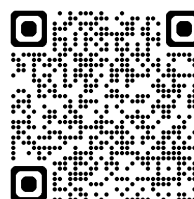
6:00am – 9:00am **Lane Swimming**
 8:00am – 10:00am **Public Swimming**
 10:00am – 11:00am **Floats & Fun**
 11:00am – 12:00pm **Family Swimming**
 12:25pm – 1:25pm **Aqua Fit**
 2:00pm – 3:00pm **Disco Pool Inflatable**
 3:30pm – 5:30pm **Floats & Fun**
 3:30pm – 5:30pm **Public Swimming**
 6:00pm – 7:00pm **Lane Swimming**
 7:15pm – 8:00pm **Adult Beginner Lesson**
 8:00pm – 8:45pm **Adult Beginner Lessons**
 8:00pm – 9:00pm **Lane Swimming**
 8:45pm – 9:45pm **Adult Swim Fit**

Thursday 28th May

6:00am – 8:30am **Lane Swimming**
 8:00am – 4:00pm **Lane Swimming**
 8:30am – 9:30am **Public Swimming**
 9:30am – 10:30am **Family Swimming**
 10:30am – 11:30am **Floats & Fun**
 11:00am – 1:30pm **Public Swimming**
 12:30pm – 1:30pm **Public Swimming**
 2:00pm – 3:00pm **Disco Floats & Fun**
 2:00pm – 3:00pm **Disco Floats & Fun**
 4:00pm – 6:00pm **Public Swimming**
 4:00pm – 6:00pm **Lane Swimming**
 7:00pm – 8:00pm **Lane Swimming**

Please note that all FREE sessions are for Juniors & Teens ONLY.

	Variable Pool
	2 Metre
	Small Pool
	Class
**	Child admission policy relaxed during this session to allow more children per adult. Please refer to our admission policy for more information.



Scan here to view our Admission Policies!



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

AMSERLEN PWLL NOFIO

Tudalen 1



Dydd Llun 25 – Dydd Sul 31 Mai 2026

Rydym wedi lleihau oriau agor ar Wyliau Banc a allai effeithio ar ein sesiynau a'n hamseroedd.

Dydd Llun 25 Mai (WB)

8:00yb – 10:00yb	Nofio Lôn
8:20yb – 10:00yb	Nofio Cyhoeddus
10:00yb – 1:00yp	Nofio Lôn
10:30yb – 11:30yb	Fflotiau a hwyl disgo
10:30yb – 11:30yb	Fflotiau a hwyl disgo
11:30yb – 12:30yp	Fflotiau a hwyl disgo
11:30yb – 12:30yp	Fflotiau a hwyl disgo

Dydd Mawrth 26 Mai

6:00yb – 8:30yb	Nofio Lôn
7:30yb – 8:30yb	Ffitrwydd Nofio Oedolion
8:30yb – 9:30yb	Nofio Lôn
10:00yb – 11:00yb	Nofio Teuluol ADY
10:00yb – 11:00yb	Therapi Dŵr
11:30yb – 3:55yp	Nofio Lôn
12:00yp – 1:00yp	Nofio Cyhoeddus
12:10yp – 1:10yp	Aerobeg Dŵr
1:30yp – 2:30yp	Fflotiau a hwyl disgo
1:30yp – 2:30yp	Fflotiau a hwyl disgo
2:30yp – 3:30yp	Fflotiau a hwyl disgo
2:30yp – 3:30yp	Fflotiau a hwyl disgo
4:00yp – 6:00yp	Nofio Cyhoeddus
4:00yp – 6:30yp	Nofio Lôn
8:00yp – 9:00yp	Nofio Lôn

Dydd Mercher 27 Mai

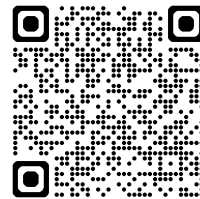
6:00yb – 9:00yb	Nofio Lôn
8:00yb – 10:00yb	Nofio Cyhoeddus
10:00yb – 11:00yb	Nofio i'r teulu
11:00yb – 12:00yp	Nofio i'r teulu
12:25yp – 1:25yp	Aerobeg Dŵr
2:00yp – 3:00yp	Aqua Run Disgo
3:30yp – 5:30yp	Fflotiau a Hwyl
3:30yp – 5:30yp	Nofio Cyhoeddus
6:00yp – 7:00yp	Nofio Lôn
7:15yp – 8:00yp	Gwers i Oedolion i Ddechreuwyr
8:00yp – 8:45yp	Gwers i Oedolion i Ddechreuwyr
8:00yp – 9:00yp	Nofio Lôn
8:45yp – 9:45yp	Ffitrwydd Nofio Oedolion

Dydd Iau 28 Mai

6:00yb – 8:30yb	Nofio Lôn
8:00yb – 4:00yp	Nofio Lôn
8:30yb – 9:30yb	Nofio Cyhoeddus
9:30yb – 10:30yb	Nofio i'r teulu
10:30yb – 11:30yb	Nofio i'r teulu
11:00yb – 1:30yp	Nofio Cyhoeddus
12:30yp – 1:30yp	Nofio Cyhoeddus
2:00yp – 3:00yp	Fflotiau a hwyl disgo
2:00yp – 3:00yp	Fflotiau a hwyl disgo
4:00yp – 6:00yp	Nofio Cyhoeddus
4:00yp – 6:00yp	Nofio Lôn
7:00yp – 8:00yp	Nofio Lôn

Nodwch fod yr holl sesiynau AM DDIM ar gyfer Plant Iau a Phobl Ifanc YN UNIG.

	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosabrth
**	Cafodd y polisi derbyn plant ei lacio yn ystod y sesiwn hon fel y gallwch ddod â mwy o blant i bob oedolyn. Cyfeiriwch at ein polisi derbyn am ragor o wybodaeth.



Sganiwch yma i weld ein Polisiâu Derbyn!



Byddwch yn ymwybodol y gallai'r sesiynau hyn newid, gwiriwch ein harchebion byw ar ein Ap/Gwefan.

SWIMMING POOL TIMETABLE Page 2



Monday 25th – Sunday 31st May 2026

We have reduced opening hours on Bank Holidays which may have an affect our sessions & times.

Friday 29th May

- 7:05am – 8:05am **Lane Swimming**
- 8:30am – 9:30am **Public Swimming**
- 10:30am – 11:30am **Disco Pool Inflatable**
- 11:30am – 12:30pm **Family Swimming**
- 1:00pm – 4:30pm **Lane Swimming**
- 1:30pm – 3:00pm **Public Swimming**
- 1:30pm – 3:00pm **Public Swimming**
- 4:00pm – 5:00pm **Disco Floats & Fun**
- 4:00pm – 5:00pm **Disco Floats & Fun**
- 5:15pm – 6:15pm **Public Swimming**
- 6:30pm – 7:15pm **Adult Lessons (Advanced)**
- 7:15pm – 8:00pm **Adult Lesson (Intermediate)**
- 8:00pm – 10:00pm **Lane Swimming**

Sunday 31st May

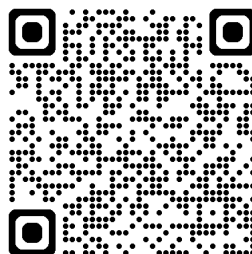
- 9:00am – 10:00am **FREE Public Swimming**
- 9:00am – 10:00am **Floats & Fun**
- 9:10am – 10:10am **Adult Swim Fit**
- 10:10am – 11:10am **Public Swimming**
- 10:10am – 11:10am **Floats & Fun**
- 11:20am – 12:20pm **Floats & Fun**
- 11:30am – 1:30pm **Public Swimming**
- 12:30pm – 1:30pm **Floats & Fun**
- 1:40pm – 2:40pm **Family Swimming**

Saturday 30th May

- 8:00am – 9:00am **Rookie Lifeguard Pool Programme**
- 8:15am – 9:15am **Public Swimming**
- 9:30am – 10:30am **Disco Floats & Fun**
- 9:30am – 10:30am **Disco Floats & Fun**
- 9:30am – 12:00pm **Lane Swimming**
- 11:00am – 12:00pm **Public Swimming**
- 11:05am – 12:05pm **Family Swimming**

Please note that all FREE sessions are for Juniors & Teens ONLY.

	Variable Pool
	2 Metre
	Small Pool
	Class
**	Child admission policy relaxed during this session to allow more children per adult. Please refer to our admission policy for more information.



Scan here to view our Admission Policies!



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

AMSERLEN PWLL NOFIO

Tudalen 2



Dydd Llun 25 – Dydd Sul 31 Mai 2026

Rydym wedi lleihau oriau agor ar Wyliau Banc a allai effeithio ar ein sesiynau a'n hamseroedd.

Dydd Gwener 29 Mai

7:05yb – 8:05yb	Nofio Lôn
8:30yb – 9:30yb	Nofio Cyhoeddus
10:30yb – 11:30yb	Aqua Run Disgo
11:30yb – 12:30yp	Nofio i'r teulu
1:00yp – 4:30yp	Nofio Lôn
1:30yp – 3:00pyp	Nofio Cyhoeddus
1:30yp – 3:00yp	Nofio Cyhoeddus
4:00yp – 5:00yp	Fflotiau a hwyl disgo
4:00yp – 5:00yp	Fflotiau a hwyl disgo
5:15yp – 6:15yp	Nofio Cyhoeddus
6:30yp – 7:15yp	Gwersi i Oedolion (Uwch)
7:15yp – 8:00yp	Gwersi i Oedolion (Canolradd)
8:00yp – 10:00yp	Nofio Lôn

Dydd Sul 31 Mai

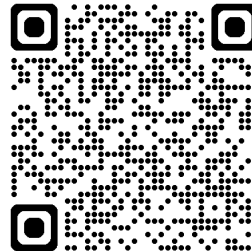
9:00yb – 10:00yb	Nofio Cyhoeddus AM DDIM
9:00yb – 10:00yb	Fflotiau a hwyl
9:10yb – 10:10yb	Ffitrwydd Nofio Oedolion
10:10yb – 11:10yb	Nofio Cyhoeddus
10:10yb – 11:10yb	Fflotiau a hwyl
11:20yb – 12:20yp	Fflotiau a hwyl
11:30yb – 1:30yp	Nofio Cyhoeddus
12:30yp – 1:30yp	Fflotiau a hwyl
1:40yp – 2:40yp	Nofio i'r teulu

Dydd Sadwrn 30 Mai

8:00yb – 9:00yb	Rookie Lifeguard Pool Programme
8:15yb – 9:15yb	Nofio Cyhoeddus
9:30yb – 10:30yb	Fflotiau a hwyl disgo
9:30yb – 10:30yb	Fflotiau a hwyl disgo
9:30yb – 12:00yp	Nofio Lôn
11:00yb – 12:00yp	Nofio Cyhoeddus
11:05yb – 12:05yp	Nofio i'r teulu

Nodwch fod yr holl sesiynau AM DDIM ar gyfer Plant Iau a Phobl Ifanc YN UNIG.

	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosbarth
**	Cafodd y polisi derbyn plant ei lacio yn ystod y sesiwn hon fel y gallwch ddod â mwy o blant i bob oedolyn. Cyfeirwch at ein polisi derbyn am ragor o wybodaeth.



Sganiwch yma i weld ein Polisiâu Derby!



Byddwch yn ymwybodol y gallai'r sesiynau hyn newid, gwiriwch ein harchebion byw ar ein Ap/Gwefan.

