

AMSERLEN PWLL 2 FETR

DYDD LLUN 13 EBRILL - DYDD SUL 24 MAI



Dydd Llun

06:00yb - 08:00yb **Nofio Sir Benfro (AP)**
08:00yb - 11:00yb **Nofio Lôn**
12:00yp - 1:30yp **Nofio Lôn**
2:30yp - 3:55yp **Nofio Lôn**
3:55yp - 4:30yp **Dysgu Nofio**
4:30yp - 6:30yp **Nofio Sir Benfro (AP)**
6:30yp - 8:00yp **Haverfordwest Seals Club (AP)**
8:00yp - 9:00yp **Pembrokeshire Triathlon Club (AP)**
9:05yp - 10:00yp **Archebu Preifat**

Dydd Iau

06:00yb - 08:00yb **Nofio Sir Benfro (AP)**
08:00yb - 3:55yp **Nofio Lôn**
3:55yp - 4:30yp **Dysgu Nofio**
4:30yp - 6:30yp **Nofio Sir Benfro (AP)**
6:30yp - 8:00yp **Haverfordwest Seals Club (AP)**
8:15yp - 9:15yp **Pembrokeshire Water Polo (AP)**

Dydd Gwener

06:00yb - 08:00yb **Nofio Sir Benfro (AP)**
08:00yb - 11:30yb **Nofio Lôn**
1:00yp - 3:00yp **Nofio Lôn**
4:45yp - 7:45yp **Haverfordwest Seals Club (AP)**
8:00yp - 9:00yp **Haverfordwest Octopush (AP)**

Dydd Mawrth

06:00yb - 07:30yb **Nofio Sir Benfro (AP)**
07:30am - 08:30am **Ffitrwydd Nofio Oedolion**
08:30am - 09:30am **Nofio Lôn**
10:00am - 11:00am **Therapi Dwr**
11:30am - 3:55pm **Nofio Lôn**
3:55pm - 4:30pm **Dysgu Nofio**
4:30pm - 6:30pm **Nofio Sir Benfro (AP)**
6:30pm - 8:00pm **Haverfordwest Seals Club (AP)**
8:00pm - 9:30pm **Archebu Preifat**

Dydd Sadwrn

06:00yb - 09:00yb **Nofio Sir Benfro (AP)**
09:30yb - 12:00yp **Nofio Lôn**
12:00yp - 4:00yp **Llogi Preifat/Partïon**

Dydd Mercher

06:00yb - 08:00yb **Nofio Sir Benfro (AP)**
08:05yb - 3:55yp **Nofio Lôn**
3:55yp - 4:30yp **Dysgu Nofio**
4:30yp - 6:30yp **Nofio Sir Benfro (AP)**
6:30yp - 8:30yp **Haverfordwest Seals Club (AP)**
8:45yp - 9:45yp **Ffitrwydd Nofio Oedolion**

Dydd Sul

09:10yb - 10:10yb **Ffitrwydd Nofio Oedolion**
10:15yb - 2:00yp **Nofio Lôn**
2:00yp - 4:00yp **Archebu Preifat**

AP - ARCHEBU PREIFAT

