

DYDD LLUN—MONDAY

3 - 4pm	Aerobeg Dŵr		J's Aqua Aerobics	
4 - 6pm	Gwersi Nofio i Blant - Sblash/Tonnau		Children's Swimming Lessons - Splash/Waves	
6 - 7pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus	Adult Lane Swimming (2 Lanes)	Public Swimming
7 - 9pm	Llandysul Paddlers		Llandysul Paddlers	

DYDD MAWRTH—TUESDAY

4 - 5pm	Clwb Nofio Llandysul		Llandysul Swimming Club	
5 - 6pm	Gwersi Nofio i Blant - Sblash / Tonnau		Children's Swimming Lessons - Splash/Waves	
6 - 7pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus	Adult Lane Swimming (2 Lanes)	Public Swimming
7 - 8pm	Nofio i Fenywod yn Unig		Ladies Only Swimming	

DYDD MERCHER—WEDNESDAY

6.30 - 9am	Nofio Cyhoeddus		Public Swimming	
4 - 5pm	Nofio Hwyl (AM DDIM I BLANT DAN 16)	Dosbarth Sblash	Fun Swim (KIDS U16 FREE)	Splash Class
5 - 7pm	Gwersi Nofio i Blant - Tonnau		Children's Swimming Lessons - Waves	
7 - 8pm	Sesiwn Preifat		Private Session	
8 - 9pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)		Adult Lane Swimming (2 Lanes)	

DYDD IAU—THURSDAY

10 - 11am	Dosbarth Sblash	Nofio Cyhoeddus (2 Lôn)*	Splash Class	Public Swimming (2 Lanes)*
11 - 12pm	Aerobeg Dŵr		J's Aqua Aerobics	
12 - 1pm	Nofio Cyhoeddus*		Public Swimming*	
4 - 6pm	Gwersi Nofio i Blant - Tonnau		Children's Swimming Lessons - Waves	
6 - 7pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus *	Adult Lane Swimming (2 Lanes)	Public Swimming*
7 - 8pm	Clwb Nofio Llandysul		Llandysul Swimming Club	

*am ddim i bobl dros 60 - free for over 60s

DYDD GWENER—FRIDAY

10 - 11am	Gwersi Nofio i Blant (Addysg Gartref)		Swimming Lessons (Home-Education Group)	
11am - 12pm	Rhaglen Nofio i Oedolion		Adult Swimming Programme	
12 - 1pm	Nofio Rhiant a Phlentyn Bach	Nofio Cyhoeddus (2 Lôn)	Parent & Toddler Swim	Public Swimming (2 Lanes)
4 - 6pm	Gwersi Nofio i Blant - Tonnau		Children's Swimming Lessons - Waves	
6 - 7pm	Nofio Cyhoeddus		Public Swimming	
7 - 9pm	Sesiwn Preifat		Private Session	

DYDD SADWRN—SATURDAY

9 - 10am	Nofio Hwyl (AM DDIM I BLANT DAN 16)		Fun Swim (KIDS U16 FREE)	
10am - 12pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)		Adult Lane Swimming (2 Lanes)	
10am - 12pm	Gwersi Nofio i Blant - Tonnau		Children's Swimming Lessons - Waves	

DYDD SUL—SUNDAY

9 - 10am	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus	Adult Lane Swimming (2 Lanes)	Public Swimming
10 - 12pm	Nofio Hwyl i'r Teulu		Family Fun Swim	
12.15 - 1.15pm	Ar gael - Partion Plant		Available - Children's Parties	