

SWIMMING POOL TIMETABLE



Monday 28th April – Friday 23rd May

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

Mondays:

6:00am – 4:00pm	Lane Swimming
7:30am – 9:00am	Public Swimming
8:00am – 9:25am	Public Swimming
11:50am – 12:45pm	Family Swimming**
2:45pm – 3:45pm	Public Swimming
7:00pm – 7:45pm	Junior Swim Fit
8:00pm – 10:00pm	Public Swimming
9:05pm – 10:00pm	Lane Swimming

Tuesdays:

6:00am – 8:30am	Lane Swimming
7:30am – 8:30am	Adult Swim Fit
8:00am – 10:00am	Public Swimming
8:35am – 10:00am	Lane Swimming
10:00am – 11:00am	Aqua Therapy
11:30am – 4:00pm	Lane Swimming
12:00pm – 1:00pm	Aqua Fit
12:30pm – 3:30pm	Family Swimming**

Wednesdays:

6:00am – 8:30am	Lane Swimming
8:00am – 10:00am	Public Swimming
11:00am – 12:30pm	Family Swimming**
12:25pm – 1:25pm	Aqua Fit
2:45pm – 3:45pm	Public Swimming
2:45pm – 3:45pm	Public Swimming
7:30pm – 8:00pm	Adult Beginner Lessons
8:15pm – 9:00pm	Adult Beginner Lessons
8:00pm – 8:50pm	Public Swimming
8:45pm – 9:00pm	Adult Swim Fit

Thursdays:

6:00am – 8:30am	Lane Swimming
8:00am – 9:30am	Public Swimming
8:05am – 4:00pm	Lane Swimming
12:05pm – 1:05pm	Public Swimming
1:35pm – 3:30pm	Family Swimming**
2:55pm – 3:50pm	Public Swimming
7:00pm – 8:00pm	Lane Swimming

Fridays:

7:05am – 8:05am	Lane Swimming
8:00am – 10:30am	Family Swimming**
8:05am – 3:00pm	Lane Swimming
11:00am – 1:00pm	Public Swimming
1:15pm – 2:45pm	Public Swimming
12:05pm – 1:05pm	Aqua Fit
8:00pm – 10:00pm	Lane Swimming
8:30pm – 10:00pm	Public Swimming

Saturdays:

9:30am – 12:00pm	Lane Swimming
11:00am – 12:00pm	Public Swimming
11:05am – 12:00pm	Family Swimming**
2:30pm – 3:30pm	Lane Swimming

Sundays:

9:00am – 10:00am	FREE Public Swimming
10:10am – 11:10am	Public Swimming
9:00am – 1:30pm	Lane Swimming
9:10am – 11:20am	Floats & Fun
11:20am – 1:30pm	Floats & Fun
11:30am – 1:30pm	Public Swimming

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

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

AMSERLEN PWLL NOFIO

Dydd Llun 28 Ebrill – Dydd Gwener 23 Mai

Rydym wedi lleihau oriau agor ar Wyl y Banc a allai gael effaith ar ein sesiynau a'n hamseroedd.



Dydd Llun:

6:00yb – 4:00yp
7:30yb – 9:00yb
8:00yb – 9:25yb
11:50yb – 12:45yp
2:45yp – 3:45yp
7:00yp – 7:45yp
8:00yp – 10:00yp
9:05yp – 10:00yp

Nofio Lôn
Nofio Cyhoeddus
Nofio Cyhoeddus
Nofio i'r teulu**
Nofio Cyhoeddus
Ffitrwydd Nofio Iau
Nofio Cyhoeddus
Nofio Lôn

Dydd Mawrth:

6:00yb – 8:30yb
7:30yb – 8:30yb
8:00yb – 10:00yb
8:35yb – 10:00yb
10:00yb – 11:00yb
11:30yb – 4:00yp
12:00yp – 1:00yp
12:30yp – 3:30yp

Nofio Lôn
Ffitrwydd Nofio
Nofio Cyhoeddus
Nofio Lôn
Therapi Dŵr
Nofio Lôn
Aerobeg Dŵr
Nofio i'r teulu**

Dydd Mercher:

6:00yb – 8:30yb
8:00yb – 10:00yb
11:00yb – 12:30yp
12:25yp – 1:25yp
2:45yp – 3:45yp
2:45yp – 3:45yp
7:30yp – 8:00yp
8:15yp – 9:00yp
8:00yp – 8:50yp
8:45yp – 9:00yp

Nofio Lôn
Nofio Cyhoeddus
Nofio i'r teulu**
Aerobeg dŵr
Nofio Cyhoeddus
Nofio Cyhoeddus
Gwersi Nofio Oedolion
Gwersi Nofio Oedolion
Nofio Cyhoeddus
Ffitrwydd Nofio

Dydd Iau:

6:00yb – 8:30yb
8:00yb – 9:30yb
8:05yb – 4:00yp
12:05yp – 1:05yp
1:35yp – 3:30yp
2:55yp – 3:50yp
7:00yp – 8:00yp

Nofio Lôn
Nofio Cyhoeddus
Nofio Lôn
Nofio Cyhoeddus
Nofio i'r teulu**
Nofio Cyhoeddus
Nofio Lôn

Dydd Gwener:

7:05yb – 8:05yb
8:00yb – 10:30yb
8:05yb – 3:00yp
11:00yb – 1:00yp
12:05yp – 1:05yp
1:15yp – 2:45yp
8:00yp – 10:00yp
8:30yp – 10:00yp

Nofio Lôn
Nofio i'r teulu**
Nofio Lôn
Nofio Cyhoeddus
Aerobeg Dŵr
Nofio Cyhoeddus
Nofio Lôn
Nofio Cyhoeddus

Dydd Sadwrn:

9:30yb – 12:00yp
11:00yb – 12:00yp
11:05yb – 12:00yp
2:30yp – 3:30yp

Nofio Lôn
Nofio Cyhoeddus
Nofio i'r teulu**
Nofio Lôn

Dydd Sul:

9:00yb – 10:00yb
10:10yb – 11:10yb
9:00yb – 1:30yp
9:10yb – 11:20yb
11:20yb – 1:30yp
11:30yb – 1:30yp

Nofio Cyhoeddus Am Ddim
Nofio Cyhoeddus
Nofio Lôn
Fflotiau a Hwyl
Fflotiau a Hwyl
Nofio Cyhoeddus

	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. Cyfeiriwch at ein polisi derbyn am ragor o wybodaeth.

odwch fod yr holl sesiynau AM DDIM ar gyfer plant iau a phobl ifanc cofrestredig yn unig.

Sganiwch yma i weld ein Polisiâu Derbyn!



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