

SWIMMING POOL TIMETABLE

Monday 15th September – Sunday 26th October 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
8:05–16:00	Lane Swimming
8:20–9:20	Family Swimming**
11:50–12:45	Family Swimming**
12:05–13:05	Aqua Fit
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
8:20–9:20	Family Swimming**
8:35–10:00	Lane Swimming
10:00–11:00	Aqua Therapy
11:30–16:30	Lane Swimming
12:10–13:10	Aqua Fit
19:00–21:00	Lane Swimming
20:05–22:00	Lane Swimming

Wednesdays:

6:00–8:30	Lane Swimming
8:05–16:30	Lane Swimming
9:25–10:25	Family Swimming**
10:30–11:30	Family Swimming**
11:35–12:35	Family Swimming**
12:25–13:25	Aqua Fit
14:35–15:35	Family Swimming**
19:30–20:15	Adult Beginner Lessons
20:15–21:00	Adult Beginner Lessons
20:00–22:00	Lane Swimming
20:45–21:45	Adult Swim Fit

Thursdays:

6:00–8:30	Lane Swimming
8:05–16:30	Lane Swimming
8:20–9:20	Family Swimming**
9:25–10:25	Family Swimming**
12:05–13:05	Public Swimming
13:40–14:40	Family Swimming**
19:00–20:00	Lane Swimming

Fridays:

7:05–9:05	Lane Swimming
8:05–15:00	Lane 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
20:30–22:00	Public Swimming

Saturdays:

8:00–9:00	Rookies
9:30–12:00	Lane Swimming
11:00–12:00	Public Swimming
12:30–15:25	Birthday Party slots
Please contact the centre for birthday party information!	

Sundays:

9:00–10:00	FREE Public Swimming
10:10–11:10	Public Swimming
9:00–14:00	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
13:40–14:40	Family 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 15 Medi – Dydd Sul 26 Hydref 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
8:05–16:00	Nofio Lôn
8:20–9:20	Nofio i'r teulu**
11:50–12:45	Nofio i'r teulu**
12:05–13:05	Aerobeg Dŵr
19:00–19:45	Ffitrwydd Nofio Iau
20:00–22:00	Nofio Cyhoeddus
21:05–22:00	Nofio Lôn

Dydd Iau:

6:00–8:30	Nofio Lôn
8:05–16:30	Nofio Lôn
8:20–9:20	Nofio i'r teulu**
9:25–10:25	Nofio i'r teulu**
12:05–13:05	Nofio Cyhoeddus
13:40–14:40	Nofio i'r teulu**
19:00–20:00	Nofio Lôn

Dydd Gwener:

7:05–9:05	Nofio Lôn
8:05–15:00	Nofio Lôn
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
20:30–22:00	Nofio Cyhoeddus

Dydd Sadwrn:

8:00–9:00	Rookies
9:30–12:00	Nofio Lôn
11:00–12:00	Nofio Cyhoeddus
12:30–15:25	Parti Pen-blwydd

Cysylltwch â'r ganolfan i gael gwybodaeth am bartion pen-blwydd!

Dydd Sul:

9:00–10:00	Nofio Cyhoeddus Am Ddim
10:10–11:10	Nofio Cyhoeddusg
9:00–14:00	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
13:40–14:40	Nofio i'r teulu**

Dydd Mawrth:

6:00–8:30	Nofio Lôn
7:30–8:30	Ffitrwydd Nofio
8:20–9:20	Nofio i'r teulu**
8:35–10:00	Nofio Lôn
10:00–11:00	Therapi Dŵr
11:30–16:30	Nofio Lôn
12:10–13:10	Aerobeg Dŵr
19:00–21:00	Nofio Lôn
20:05–22:00	Nofio Lôn

Dydd Gwener:

6:00–8:30	Nofio Lôn
8:05–16:30	Nofio Lôn
9:25–10:25	Nofio i'r teulu**
10:30–11:30	Nofio i'r teulu**
11:35–12:35	Nofio i'r teulu**
12:25–13:25	Aerobeg Dŵr
14:35–15:35	Nofio i'r teulu**
19:30–20:15	Gwersi Nofio Oedolion
20:15–21:00	Gwersi Nofio Oedolion
20:00–22:00	Nofio Lôn
20:45–21:45	Ffitrwydd Nofio

	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, pleases cyfeiriwch at ein polisi derbyn.

