



AMSERLEN  
NOFIO  
SWIMMING  
TIMETABLE

LLANRWST

GWYLIAU HOLIDAY

**FFIT**<sup>↑</sup>  
CONWY

  
CONWY  
CYNGOR BWRDEISTREF SIROL  
COUNTY BOROUGH COUNCIL

Dydd Mawrth Tuesday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Nofio Mewn Lôn	Lane Swim
09.30	10.15	Oedolion yn unig	Adults Only
10.45	11.30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
12.00	12.45	Oedolion yn unig	Adults Only
13.15	14.00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
14.30	15.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
16.00	16.45	Nofio Mewn Lôn	Lane Swim
18.00	18.45	Fit Nofio i Dechreuwyr	Beginner Swim Fit
19.15	20.00	Sesiwn Nofio Fit	Swim Fit Session

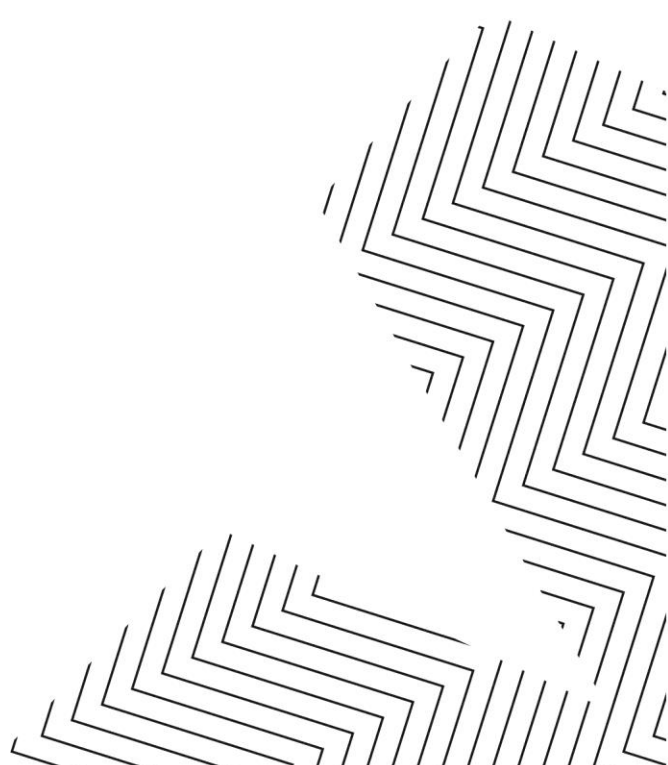
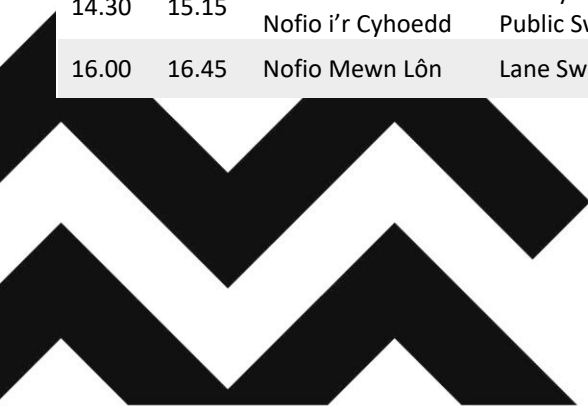
Dydd Mercher Wednesday			
O From	i To	Dosbarth	Class
12.00	12.45	Oedolion yn unig	Adults only
13.15	14.00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
14.30	15.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
15.45	16.30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
17.00	17.45	Nofio Mewn Lôn	Lane Swim
18.15	19.00	Nofio Mewn Lôn	Lane Swim

Dydd Iau Thursday			
O From	i To	Dosbarth	Class
07.00	07.45	Nofio Mewn Lôn	Lane Swim
08.15	09.00	Nofio Mewn Lôn	Lane Swim
09.30	10.15	Oedolion yn unig	Adults Only
10.45	11.30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
12.00	12.45	Oedolion yn unig	Adults Only
13.15	14.00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
14.30	15.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
16.00	16.45	Nofio Mewn Lôn	Lane Swim

Dydd Gwener Friday			
O From	i To	Dosbarth	Class
10.00	10.45	Oedolion yn unig, dros 60 am ddim	Adults Only, Over 60s free
11.15	12.00	Nofio Mewn Lôn	Lane Swim
12.30	13.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
13.45	14.30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
15.00	15.45	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming

Dydd Sadwrn Saturday			
O From	i To	Dosbarth	Class
11.30	12.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
13.00	13.45	Nofio am ddim I Blant	Children's free swimming

Dydd Sul Sunday			
O From	i To	Dosbarth	Class
09.00	09.45	Oedolion yn unig	Adults Only Swim
10.15	11.00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
11.30	12.15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming



### Plant dan 8 oed

Mae'n rhaid i berson cyfrifol fynd i mewn i'r pwll a'r ystafelloedd newid gyda phlant dan 8 oed, a rhaid i'r person hwn fod yn rhiant neu'n unigolyn 16 oed neu h'yn. Fe ddylid cael un oedolyn ar gyfer pob dau blentyn. Mae'n rhaid i'r rhiant oruchwyllo eu plant drwy'r amser a bod mewn cysylltiad agos â phlant sy'n nofwyr gwan neu'n methu nofio. Diffinnir rhiant fel unigolyn dros 16 oed neu unigolyn dan 16 oed os mai'r unigolyn hwnnw yw rhiant biolegol y plentyn neu'r plant. Pan fydd gennych fwy nag un plentyn na allant nofio, fe'ch argymhellir i ddefnyddio cymhorthion arnofio.



### Plant 8 oed a hŷn

Dylai rhieni fod yn ymwybodol bod plant dros wyth oed, yn enwedig y rhai nad ydynt yn gallu nofio neu sy'n nofwyr gwan, fod angen goruchwyliaeth debyg. Felly, mae'n rhaid i'r rheiny sy'n gyfrifol am y plant ystyried gallu nofio pob plentyn a'r lefel o oruchwyliaeth sydd ei hangen yn ogystal â gwrando ar gyngor/cyfarwyddyd staff y pwll nofio.

### Cyfrifoldeb Rhieni

Mae gan rieni gyfrifoldeb penodol am ddiogelwch eu plant. **Mae'r achubwyr bywyd yn gyfrifol am ddiogelwch yr holl nofwyr, ni all rieni ymddihatu'r gyfrifoldeb hon.** Prif rôl achubwr bywyd yw atal sefyllfaoedd peryglus rhag digwydd ac maent wedi eu hyfforddi'n briodol ac yn gymwys i achub bywyd a rhoi cymorth cyntaf os oes angen.

### Children Under the age of 8

Children under the age of 8 must be accompanied in the water and changing rooms by the child's parent or a responsible person who must be aged 16 years or over on a two children to one adult basis. The parent must maintain a constant watch over their children and be in close contact with those of the children who are weak or non-swimmers. A parent is defined as someone over the age of 16 or younger if the person is the biological parent of the child or children. When you have more than one child that cannot swim, floatation aids are recommended.



### Children aged 8 and over

Parents should be aware that children over the age of eight, particularly those who cannot swim or are weak swimmers may also require supervision of a similar level. Those responsible for the children must therefore consider the swimming abilities of all children and the appropriate supervision required, and heed the advice/instruction of the swimming pool staff.

### Parental Responsibility

Parents have a specific responsibility for the safety of their own children. **This cannot be abdicated to lifeguards who are responsible for the safety of all swimmers.** A lifeguard's primary role is to pre-empt dangerous situations from arising and they are suitably trained and qualified to affect a rescue and administer first aid if required.