

	<b>Sesiwn</b>		<b>Amser</b>	<b>Session</b>		
<b>SAD</b>	Nofio Oedolion		<b>11.15 - 12.15</b>	Adult swimming		<b>SAT</b>
	Sesiwn Hwyl		<b>12.15 - 14.00</b>	Fun Session		
	*Parti Pwll	Cysylltwch Y Dderbynfa	<b>14.15 - 15.15</b>	*Pool Parties	Contact Reception	
<b>SUL</b>	Nofio Mewn Lon		<b>9.00 - 10.00</b>	Lane Swimming		<b>SUN</b>
	Nofio ir teulu		<b>10.00 - 12.30</b>	family swimming		
<b>LLUN</b>	Gwersi dwys		<b>9.00 - 10.00</b>	Intensive Lessons		<b>MON</b>
	Nofio Cyhoeddus		<b>10.00 - 12.00</b>	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	<b>13.00 - 14.30</b>	Fun Session	£2 per person	
	Nofio Cyhoeddus		<b>14.30 - 18.30</b>	Public Swimming		
	Merched yn Unig		<b>18.30 - 19.30</b>	Ladies Only		
<b>MAW</b>	Dechrau Ffres		<b>7.00 - 9.00</b>	Fresh Start		<b>TUE</b>
	Gwersi dwys		<b>9.00 - 10.00</b>	Intensive Lessons		
	Oedolion yn unig		<b>10.00 - 12.00</b>	Adults Only		
	Nofio amser cinio	Nofio mewn lon	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		<b>13.00 - 19.00</b>	Public Swimming		
	"Swim fit" I Oedolion		<b>19.00 - 20.00</b>	Adult Swim Fit		
<b>MER</b>	Gwersi dwys		<b>9.00 - 10.00</b>	Intensive Lessons		<b>WED</b>
	Nofio Cyhoeddus		<b>10.00 - 12.00</b>	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Nofio Am ddim	Uchafswm o 1 awr fesul nofiwr	<b>13.00 - 16.00</b>	Free swimming	1 hour max per swimmer	
	Nofio Cyhoeddus		<b>16.00 - 18.30</b>	Public Swimming		
	Nofio Cyhoeddus	Nofio mewn lon	<b>18.30 - 19.30</b>	Public Swimming	lane swimming	
<b>IAU</b>	Dechrau Ffres		<b>7.00 - 9.00</b>	Fresh Start		<b>THU</b>
	Gwersi dwys		<b>9.00 - 10.00</b>	Intensive Lessons		
	Rhiant & babi		<b>10.00 - 11.00</b>	Parent & Baby		
	Nofio Cyhoeddus		<b>11.00 - 12.00</b>	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		<b>13.00 - 17.30</b>	Public Swimming		
<b>GWE</b>	Oedolion yn unig		<b>10.30 - 12.00</b>	Adults Only		<b>FRI</b>
	Nofio amser cinio	Nofio mewn lon	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	<b>13.00 - 14.30</b>	Fun Session	£2 per person	
	Nofio Cyhoeddus		<b>14.30 - 16.00</b>	Public Swimming		

**\*Parti Pwll - Pwll ar gael i'w Llogi / \*Pool Party - Pool available to hire**



Pwll Nofio  
**Llanrwst**  
Swimming Pool



**AMSERLEN PWLL NOFIO**  
**SWIMMING POOL**  
**TIMETABLE**

**23/2/19 – 3/3/19**

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**Ffit Conwy**  
**Membership**

## **Gwersi Dwys / Intensive Lessons**

**Rhester aros / Waiting List**

**9.00am-9.30am**

**9.30am – 10.00am**

**Llun/Mon, Maw/Tues, Mer/Weds & Iau/Thurs**

Archebwch a thalu nawr yn y dderbynfa, Lleodd cyfyngedig  
/ Book and pay now in reception, Limited spaces