



**AMSERLEN
NADOLIG
CHRISTMAS
TIMETABLE
2019**



Dydd Sadwrn Saturday				14
O From	i To		ID	
		Safanol Normal		
		Safanol Normal		
		Safanol Normal		

Dydd Gwener Friday				20
O From	i To		ID	
		Safanol Normal		
		Safanol Normal		
		Safanol Normal		

Dydd Sul Sunday				15
O From	i To		ID	
		Safanol Normal		
		Safanol Normal		
		Safanol Normal		

Dydd Sadwrn Saturday				21
O From	i To		ID	
08:00	12:00	Prif Bwll Main Pool		
08:00	12:00	Prif Ymarfer Training Pool		
08:00	12:00	Stafell Ffitrwydd Fitness Suite		

Dydd Llun Monday				16
O From	i To		ID	
06:30	20:30	Prif Bwll Main Pool		
12:15	20:30	Prif Ymarfer Training Pool		
06:00	20:30	Stafell Ffitrwydd Fitness Suite		

Dydd Sul Sunday				22
O From	i To		ID	
		Ar gau Closed		
		Ar gau Closed		
		Ar gau Closed		

Dydd Mawrth Tuesday				17
O From	i To		ID	
06:30	20:00	Prif Bwll Main Pool		
13:00	18:30	Prif Ymarfer Training Pool		
06:00	20:00	Stafell Ffitrwydd Fitness Suite		

Dydd Llun Monday				23
O From	i To		ID	
06:30	13:00	Prif Bwll Main Pool		
09:00	13:00	Prif Ymarfer Training Pool		
06:30	13:00	Stafell Ffitrwydd Fitness Suite		

Dydd Mercher Wednesday				18
O From	i To		ID	
06:30	20:30	Prif Bwll Main Pool		
12:15	20:30	Prif Ymarfer Training Pool		
06:00	20:30	Stafell Ffitrwydd Fitness Suite		

Dydd Mawrth Tuesday				24
O From	i To		ID	
		Ar gau Closed		
		Ar gau Closed		
		Ar gau Closed		

Dydd Iau Thursday				19
O From	i To		ID	
06:30	20:00	Prif Bwll Main Pool		
12:15	18:30	Prif Ymarfer Training Pool		
06:00	20:00	Stafell Ffitrwydd Fitness Suite		

Dydd Mercher Wednesday				25
O From	i To		ID	
		Ar gau Closed		
		Ar gau Closed		
		Ar gau Closed		

Dydd Iau Thursday			26
O From	i To		ID
		Ar gau Closed	
		Ar gau Closed	
		Ar gau Closed	

Dydd Mercher Wednesday			01
O From	i To		ID
		Ar gau Closed	
		Ar gau Closed	
		Ar gau Closed	

Dydd Gwener Friday			27
O From	i To		ID
06:30	13:00	Prif Bwll Main Pool	
09:00	13:00	Prif Ymarfer Training Pool	
06:30	13:00	Stafell Ffitrwydd Fitness Suite	

Dydd Iau Thursday			02
O From	i To		ID
06:30	21:00	Prif Bwll Main Pool	
09:00	20:00	Prif Ymarfer Training Pool	
06:30	21:00	Stafell Ffitrwydd Fitness Suite	

Dydd Sadwrn Saturday			28
O From	i To		ID
08:00	12:00	Prif Bwll Main Pool	
08:00	12:00	Prif Ymarfer Training Pool	
08:00	12:00	Stafell Ffitrwydd Fitness Suite	

Dydd Gwener Friday			03
O From	i To		ID
06:30	16:00	Prif Bwll Main Pool	
09:00	15:00	Prif Ymarfer Training Pool	
06:30	16:00	Stafell Ffitrwydd Fitness Suite	

Dydd Sul Sunday			29
O From	i To		ID
08:00	12:00	Prif Bwll Main Pool	
08:00	12:00	Prif Ymarfer Training Pool	
08:00	12:00	Stafell Ffitrwydd Fitness Suite	

Allweddol Key		
Ardal Area	ID	
Prif Bwll Main Pool		
Prif Ymarfer Training Pool		
Stafell Ffitrwydd Fitness Suite		

Dydd Llun Monday			30
O From	i To		ID
06:30	16:00	Prif Bwll Main Pool	
09:00	15:00	Prif Ymarfer Training Pool	
06:30	16:00	Stafell Ffitrwydd Fitness Suite	

Gwersi Nofio Swimming Lessons

Fydd gwersi nofio yn gorffen ar ôl Dydd Gwener yr 20 o Rhagfyr ac yn ail-ddechrau ar Dydd Sad y 4 o Ionawr.

Swimming Lessons will finish after Friday 21st December and commence back on Saturday 4th January.

Dydd Mawrth Tuesday			31
O From	i To		ID
		Ar gau Closed	
		Ar gau Closed	
		Ar gau Closed	

