

AMSERLEN  
NOFIO  
SWIMMING  
TIMETABLE

LLANDUDNO



# PRIF BWLL MAIN POOL

## Dydd Llun Monday

O From	i To	Dosbarth	Class
06:00	07:15	Carfan Perfformiad	Performance Squad
06:30	07:15	Nofio Mewn Lôn	Lane Swim
08:00	08:45	Nofio Mewn Lôn	Lane Swim
09:30	10:15	Nofio Mewn Lôn	Lane Swim
11:00	11:45	Nofio Mewn Lôn	Lane Swim
12:45	13:30	Nofio Mewn Lôn	Lane Swim
14:30	15:15	Nofio Mewn Lôn	Lane Swim
16:30	18:30	Carfan Perfformiad	Performance Squad
16:15	17:00	Nofio Mewn Lôn	Lane Swim
17:45	18:30	Nofio Mewn Lôn	Lane Swim
19:00	20:00	Clwb Nofio	Swimming Club
20:45	21:30	Nofio Mewn Lôn	Lane Swim

## Dydd Mawrth Tuesday

O From	i To	Dosbarth	Class
06:00	07:15	Carfan Perfformiad	Performance Squad
06:30	07:15	Nofio Mewn Lôn	Lane Swim
08:00	08:45	Nofio Mewn Lôn	Lane Swim
09:30	10:15	Nofio Mewn Lôn	Lane Swim
11:00	11:45	Nofio Mewn Lôn	Lane Swim
12:45	13:30	Erobeg Dŵr	Aqua Aerobics
14:30	15:15	Nofio Mewn Lôn	Lane Swim
16:30	18:30	Carfan Perfformiad	Performance Squad
16:15	17:00	Nofio Mewn Lôn	Lane Swim
17:45	18:30	Nofio Mewn Lôn	Lane Swim
19:15	20:00	Nofio Mewn Lôn	Lane Swim

## Dydd Mercher Wednesday

O From	i To	Dosbarth	Class
06:00	07:15	Carfan Perfformiad	Performance Squad
06:30	07:15	Nofio Mewn Lôn	Lane Swim
08:00	08:45	Nofio Mewn Lôn	Lane Swim
09:30	10:15	Nofio Mewn Lôn	Lane Swim
11:00	11:45	Nofio Mewn Lôn	Lane Swim
12:45	13:30	Nofio Mewn Lôn	Lane Swim
14:30	15:15	Nofio Mewn Lôn	Lane Swim
16:30	18:30	Carfan Perfformiad	Performance Squad
16:15	17:00	Nofio Mewn Lôn	Lane Swim
17:45	18:30	Nofio Mewn Lôn	Lane Swim
19:00	20:00	Clwb Nofio	Swimming Club
20:45	21:30	Nofio Mewn Lôn	Lane Swim

## Dydd Iau Thursday

O From	i To	Dosbarth	Class
06:00	07:15	Carfan Perfformiad	Performance Squad
06:30	07:15	Nofio Mewn Lôn	Lane Swim
08:00	08:45	Nofio Mewn Lôn	Lane Swim
09:30	10:15	Nofio Mewn Lôn	Lane Swim
11:00	11:45	Nofio Mewn Lôn	Lane Swim
12:45	13:30	Nofio i'r Cyhoedd Dros 60 oed	Over 60s Public Swim
14:30	15:15	Nofio Mewn Lôn	Lane Swim
16:30	18:30	Carfan Perfformiad	Performance Squad
16:15	17:00	Nofio Mewn Lôn	Lane Swim
17:45	18:30	Nofio Mewn Lôn	Lane Swim
19:15	20:00	Nofio Mewn Lôn	Lane Swim

Dydd Gwener Friday			
O From	i To	Dosbarth	Class
06:00	07:15	Carfan Perfformiad	Performance Squad
06:30	07:15	Nofio Mewn Lôn	Lane Swim
08:00	08:45	Nofio Mewn Lôn	Lane Swim
09:30	10:15	Nofio Mewn Lôn	Lane Swim
11:00	11:45	Nofio Mewn Lôn	Lane Swim
12:45	13:30	Nofio Mewn Lôn	Lane Swim
14:30	15:15	Nofio Mewn Lôn	Lane Swim
16:30	18:30	Carfan Perfformiad	Performance Squad
16:15	17:00	Nofio Mewn Lôn	Lane Swim
17:45	18:30	Nofio Mewn Lôn	Lane Swim
19:00	20:00	Clwb Nofio	Swimming Club

Dydd Sadwrn Saturday			
O From	i To	Dosbarth	Class
08:15	09:00	Nofio Mewn Lôn	Lane Swim
08:15	09:00	Sesiwn Gyhoeddus	Public Session
10:15	11:00	Nofio Mewn Lôn	Lane Swim
10:15	11:00	Sesiwn Gyhoeddus	Public Session
12:15	13:00	Nofio Mewn Lôn	Lane Swim
12:15	13:00	Sesiwn Gyhoeddus	Public Session
14:15	15:00	Nofio Mewn Lôn	Lane Swim
14:15	15:00	Sesiwn Gyhoeddus	Public Session

Dydd Sul Sunday			
O From	i To	Dosbarth	Class
08:15	09:00	GOG Triathlon	GOG Triathlon
10:15	11:00	Nofio Mewn Lôn	Lane Swim
10:15	11:00	Sesiwn Gyhoeddus	Public Session
12:15	13:00	Nofio Mewn Lôn	Lane Swim
12:15	13:00	Sesiwn Gyhoeddus	Public Session
14:15	15:00	Nofio Mewn Lôn	Lane Swim
14:15	15:00	Sesiwn Gyhoeddus	Public Session

### Polisi Derbyniad

**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 gwranddo 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.

### Admissions Policies

**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.

# PWLL YMARFER

## TRAINING POOL

### Dydd Llun Monday

O From	i To	Dosbarth	Class
12:00	12:45	Nofio i'r Cyhoedd	Family Swim
12:00	12:45	Sesiwn Gyhoeddus	Public Session
13:30	14:15	Nofio i'r Cyhoedd	Family Swim
13:30	14:15	Sesiwn Gyhoeddus	Public Session

### Dydd Mawrth Tuesday

O From	i To	Dosbarth	Class
12:00	12:45	Nofio i'r Cyhoedd	Family Swim
12:00	12:45	Sesiwn Gyhoeddus	Public Session
13:30	14:15	Nofio i'r Cyhoedd	Family Swim
13:30	14:15	Sesiwn Gyhoeddus	Public Session
19:45	20:30	Merched Yn Unig	Ladies Only

### Dydd Mercher Wednesday

O From	i To	Dosbarth	Class
12:00	12:45	Nofio i'r Cyhoedd	Family Swim
12:00	12:45	Sesiwn Gyhoeddus	Public Session
13:30	14:15	Nofio i'r Cyhoedd	Family Swim
13:30	14:15	Sesiwn Gyhoeddus	Public Session

### Dydd Iau Thursday

O From	i To	Dosbarth	Class
12:00	12:45	Nofio i'r Cyhoedd	Family Swim
12:00	12:45	Sesiwn Gyhoeddus	Public Session
13:30	14:15	Nofio i'r Cyhoedd	Family Swim
13:30	14:15	Sesiwn Gyhoeddus	Public Session

### Dydd Gwener Friday

O From	i To	Dosbarth	Class
12:00	12:45	Nofio i'r Cyhoedd	Family Swim
12:00	12:45	Sesiwn Gyhoeddus	Public Session
13:30	14:15	Nofio i'r Cyhoedd	Family Swim
13:30	14:15	Sesiwn Gyhoeddus	Public Session

### Dydd Sadwrn Saturday

O From	i To	Dosbarth	Class
09:15	10:00	Nofio i'r Cyhoedd	Family Swim
09:15	10:00	Sesiwn Gyhoeddus	Public Session
11:15	12:00	Nofio i'r Cyhoedd	Family Swim
11:15	12:00	Sesiwn Gyhoeddus	Public Session
13:15	14:00	Nofio i'r Cyhoedd	Family Swim
13:15	14:00	Sesiwn Gyhoeddus	Public Session
15:15	16:00	Nofio i'r Cyhoedd	Family Swim
15:15	16:00	Sesiwn Gyhoeddus	Public Session

### Dydd Sul Sunday

O From	i To	Dosbarth	Class
09:15	10:00	Nofio i'r Cyhoedd	Family Swim
09:15	10:00	Sesiwn Gyhoeddus	Public Session
11:15	12:00	Nofio i'r Cyhoedd	Family Swim
11:15	12:00	Sesiwn Gyhoeddus	Public Session
13:15	14:00	Nofio i'r Cyhoedd	Family Swim
13:15	14:00	Sesiwn Gyhoeddus	Public Session
15:15	16:00	Nofio i'r Cyhoedd	Family Swim
15:15	16:00	Sesiwn Gyhoeddus	Public Session