

	<b>Sesiwn</b>		<b>Amser</b>	<b>Session</b>		
<b>SAD</b>	Nofio Oedolion		<b>11.15 - 12.00</b>	Adult swimming		<b>SAT</b>
	Sesiwn Hwyl		<b>12.00 - 13.00</b>	Fun Session		
	nofio am ddim I blant		<b>13.00 - 14.00</b>	Kids free swim		
<b>SUL</b>	Nofio Mewn Ion		<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>	Nofio Cyhoeddus		<b>10.30 - 12.00</b>	Public Swimming		<b>MON</b>
	Nofio amser cinio	Nofio mewn Ion	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		<b>13.00 - 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>
	Nofio Cyhoeddus		<b>9.00 - 10.00</b>	Public Swimming		
	Oedolion yn unig		<b>10.00 - 11.00</b>	Adults Only		
	Nofio Cyhoeddus		<b>11.00 - 12.00</b>	Public Swimming		
	Nofio amser cinio	Nofio mewn Ion	<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>	Nofio Cyhoeddus		<b>10.00 - 12.00</b>	Public Swimming		<b>WED</b>
	Nofio amser cinio	Nofio mewn Ion	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	nofio am ddim I blant		<b>13.00 - 14.00 &amp; 14.30 - 15.30</b>	Kids swim free		
	Parti Calan Gaeaf		<b>17.00 - 20.00</b>	Halloween parties		
<b>IAU</b>	Dechrau Ffres		<b>7.00 - 9.00</b>	Fresh Start		<b>THU</b>
	Rhiant & babi		<b>9.00 - 10.00</b>	Parent & Baby		
	Nofio Cyhoeddus	1 Ion I Acwa	<b>10.00 - 12.00</b>	Public Swimming	1 lane for aqua	
	Nofio amser cinio	Nofio mewn Ion	<b>12.00 - 13.00</b>	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		<b>13.00 - 17.30</b>	Public Swimming		
<b>GWE</b>	Dros 60 yn unig		<b>10.30 - 11.30</b>	Over 60's swim		<b>FRI</b>
	Nofio amser cinio	Nofio mewn Ion	<b>11.30 - 12.30</b>	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		<b>12.30 - 16.00</b>	Public Swimming		

Pwll Nofio

# Llanrwst

Swimming Pool

01492 577933

## Amserlen Pwll Nofio Swimming Timetable

Sad/Sat 26/10/19 – Sul/Sun 03/11/19



## Nofio Am Ddim I Blant Free swimming Children

Dydd Mercher - Wednesday

1.00 – 2.00 & 2.30 – 3.30

### Polici Mynediad Admissions Policy

**Rhaid I blant o dan 8 fod dan ofal unigolyn cyfrifol dros 16.**

**Under 8's must be accompanied by a responsible person 16 or over.**

Mae'n rhaid i riant y plentyn neu berson cyfrifol fynd i mewn i'r pwll gyda phlant 0-7 oed, a rhaid i'r person hwn fod yn 16 oed a throsodd ar sail un oedolyn i ddau o blant. Pan fydd gennych fwy nac un plentyn na allant nofio, fe'ch argymhellir i ddefnyddio cymhorthion arnofio.

Children aged 0-7 must be accompanied in the water 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.

When you have more than one child that cannot swim, floatation aids are recommended.