

	Sesiwn		Amser	Session		
SAD	Nofio Oedolion		11.15 - 12.15	Adult swimming		SAT
	Sesiwn Hwyl		12.15 - 14.00	Fun Session		
	*Parti Pwll	Cysylltwch Y Dderbynfa	14.15 - 15.15	*Pool Parties	Contact Reception	
SUL	Nofio Mewn Lon		9.00 - 10.00	Lane Swimming		SUN
	Nofio ir teulu		10.00 - 12.30	family swimming		
LLUN	Nofio Cyhoeddus		10.30 - 12.00	Public Swimming		MON
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	13.00 - 14.30	Fun Session	£2 per person	
	Nofio Cyhoeddus		14.30 - 18.30	Public Swimming		
	Merched yn Unig		18.30 - 19.30	Ladies Only		
MAW	Dechrau Ffres		7.00 - 10.00	Fresh Start		TUE
	Oedolion yn unig		10.00 - 12.00	Adults Only		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 18.00	Public Swimming		
	"Swim fit" I Oedolion		18.00 - 20.00	Adult Swim Fit		
MER	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		WED
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Am ddim	Uchafswm o 1 awr fesul nofiwr	13.00 - 16.00	Free swimming	1 hour max per swimmer	
	Nofio Cyhoeddus		16.00 - 18.30	Public Swimming		
	Nofio Cyhoeddus	Nofio mewn lon	18.30 - 19.30	Public Swimming	lane swimming	
IAU	Dechrau Ffres		7.00 - 9.00	Fresh Start		THU
	Rhiant & babi		9.00 - 10.00	Parent & Baby		
	Nofio Cyhoeddus		10.00 - 12.00	Public Swimming		
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Nofio Cyhoeddus		13.00 - 16.00	Public Swimming		
GWE	Oedolion yn unig		10.30 - 12.00	Adults Only		FRI
	Nofio amser cinio	Nofio mewn lon	12.00 - 13.00	Lunchtime swim	Lane swimming	
	Sesiwn Hwyl	£2 bob person	13.00 - 14.30	Fun Session	£2 per person	
	Nofio Cyhoeddus		14.30 - 16.00	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

20/7/19 – 3/8/19 & 12/8/19 – 1/9/19

Like Us
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Hamdden
Llanrwst
Leisure

Aelodaeth
Ffit Conwy
Membership

£34.90

Sessiwn Hwyl – Fun Session

Dydd Llun & Dydd Gwener – Monday & Friday

1.30pm – 3.00pm

£2 pob Person - £2 a person

