



AMSERLEN  
NOFIO  
SWIMMING  
TIMETABLE

COLWYN



Dydd Llun Monday			
O From	i To	Dosbarth	Class
06:45	07:30	Nofio Mewn Lôn	Lane Swimming
08:00	08:45	Nofio Mewn Lôn	Lane Swimming
09:15	10:00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
10:30	11:15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
12:15	13:00	Nofio Mewn Lôn	Lane Swimming
13:30	14:15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming

Dydd Mawrth Tuesday			
O From	i To	Dosbarth	Class
06:45	07:30	Nofio Mewn Lôn	Lane Swimming
08:00	08:45	Nofio Mewn Lôn	Lane Swimming
09:15	10:00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
10:30	11:15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming)
12:15	13:00	Nofio Mewn Lôn	Lane Swimming
18:15	19:15		Swim Fit
19:45	20:30		Adult Public Swimming

Dydd Mercher Wednesday			
O From	i To	Dosbarth	Class
06:45	07:30	Nofio Mewn Lôn	Lane Swimming
08:00	08:45	Nofio Mewn Lôn	Lane Swimming
09:15	10:00	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim Public Swimming
10:30	11:15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
12:15	13:00	Nofio Mewn Lôn	Lane Swimming
13:30	14:15	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
14:45	15:30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
16:00	16:45	Nofio Teulu & Nofio i'r Cyhoedd	Public Swimming & Family

Dydd Iau Thursday			
O From	i To	Dosbarth	Class
12:15	13:00	Nofio Mewn Lôn	Lane Swimming
13:30	14:15	Nofio Mewn Lôn	Lane Swimming
18:30	19:15	Nofio i'r Cyhoedd	Public Swimming & Family
19:45	20:30		Adult Public Swimming

Dydd Gwener Friday			
O From	i To	Dosbarth	Class
06:45	07:30	Nofio Mewn Lôn	Lane Swimming
08:15	09:00		60+ Free Swim
09:30	10:15	Nofio'n Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
11:00	11:45	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
12:15	13:00		Aqua Aerobics
13:45	14:30	Nofio Teulu & Nofio i'r Cyhoedd	Family Swim & Public Swimming
16:00	16:45	Nofio i'r Cyhoedd	Public Swimming / Family
17:15	18:00	Nofio i'r Cyhoedd	Public Swimming + 1 lane
18:30	19:15	Nofio i'r Cyhoedd	Public Swimming / Family

Dydd Sadwrn Saturday			
O From	i To	Dosbarth	Class
07:15	08:00	Nofio Mewn Lôn	Lane Swimming
12:15	13:00	Nofio i'r Cyhoedd	Public Swimming & Family
13:45	14:30	Nofio Mewn Lôn	Lane Swimming
15:00	15:45	Nofio Mewn Lôn	Lane Swimming

Dydd Sul Sunday			
O From	i To	Dosbarth	Class
08:00	08:45	Nofio Mewn Lôn	Lane Swimming
9:15	10:00	Nofio Mewn Lôn	Lane Swimming
10:30	11:15	Nofio i'r Cyhoedd	Lane Swimming
11:45	12:30	Nofio Teulu & Nofio i'r Cyhoedd	Public Swimming & Family
13:00	13:45	Nofio Teulu & Nofio i'r Cyhoedd	Public Swimming & Family
14:15	15:00	Nofio Teulu & Nofio i'r Cyhoedd	Public Swimming & 1 lane

## 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 oruchwylio 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 hyn

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 rheini sy'n gyfrifol am y plant ystyried gallu nofio pob plentyn a'r lefel o oruchwyliaeth sydd ei hangen yn ogystal â gwrandao ar gyngor/cyfarwyddwyd 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.