

SAD	21.12.19	Nofio Cyhoeddus	12.30 - 14.45	Public Swimming		SAT	SAD	Nofio Cyhoeddus		9.00 - 14.45	Public Swimming	04.01.20	SAT
SUL	22.12.19	Dechrau Ffres	9.30 - 10.30	Fresh Start		SUN	SUL	Dechrau Ffres		9.30 - 10.30	Fresh Start	05.01.20	SUN
		Nofio Cyhoeddus	10.30 - 13.00	Public Swimming				Nofio Cyhoeddus		10.30 - 14.45	Public Swimming		
Llun	23.12.19	Ar Gau / Closed				MON	LLUN	Dechrau Ffres		7.00 - 8.30	Fresh Start	06.01.20	MON
Maw	24.12.19	Ar Gau / Closed				TUE		Nofio Cyhoeddus		9.30 - 12.00	Public Swimming		
Mer	25.12.19	Ar Gau / Closed				WED		Nofio Cyhoeddus		18.00 - 18.45	Public Swimming		
Iau	26.12.19	Ar Gau / Closed				THU		Nofio Cyhoeddus		19.45 - 20.30	Public Swimming		
Gwe	27.12.19	Dechrau Ffres	7.00 - 9.00	Fresh Start		FRI		MAW	Merched yn Unig		20.30 - 21.30		
		Dros 60	9.00 - 10.00	Over 60			Dechrau Ffres			7.00 - 8.30	Fresh Start		
		Nofio Cyhoeddus	10.00 - 11.00	Public Swimming			Dros 50+			8.45 - 9.45	Over 50's		
		Plant am Ddim	11.00 - 12.00	Kids Go Free			Nofio Cyhoeddus			10.00 - 15.00	Public Swimming		
Sad	28.12.19	Nofio Cyhoeddus	9.00 - 13.00	Public Swimming		SAT	Nofio Cyhoeddus		21.30 - 22.15	Public Swimming	07.01.20	TUE	
Sul	29.12.19	Dechrau Ffres	9.00 - 10.00	Fresh Start		SUN	MER	Dechrau Ffres		7.00 - 9.00			Fresh Start
		Nofio Cyhoeddus	10.00 - 13.00	Public Swimming				Nofio Cyhoeddus		9.00 - 11.30			Public Swimming
LLun	30.12.19	Dechrau Ffres	7.00 - 8.30	Public Swimming		MON	IAU	Nofio Cyhoeddus		9.00 - 16.00			Public Swimming
		Nofio Cyhoeddus	8.30 - 12.00	Public Swimming				Nofio Cyhoeddus			13.00 - 15.30	Public Swimming	
Maw	31.12.19	Ar Gau / Closed				TUE	Nofio Cyhoeddus		20.00 - 21.30	Public Swimming	09.10.20	THU	
Mer	01.01.20	Ar Gau / Closed				WED	Nofio Cyhoeddus		20.30 - 21.30	Public Swimming			
GWE	03.01.20	Nofio Cyhoeddus	16.00 - 21.00	Public Swimming		FRI	GWE	Dechrau Ffres		7.00 - 9.00	Fresh Start	10.01.20	FRI
		Dechrau Ffres	7.00 - 9.00	Fresh Start				Dros 50+		9.00 - 10.00	Over 50's		
		Dros 60	9.00 - 10.00	Over 60				Nofio Cyhoeddus		11.30 - 17.00	Public Swimming		
		Nofio Cyhoeddus	10.00 - 11.00	Public Swimming				Nofio Cyhoeddus		*17.00 - 18.00	Public Swimming		
		Plant am Ddim	11.00 - 12.00	Kids Go Free			Nofio Cyhoeddus		20.00 - 21.00	Public Swimming			

**\* Plant am Ddim / Children go Free**

**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.**

**Nofio Am Ddim I Blant**

**O cynhelir ein sesiwn nofio am ddim fel a ganlyn:**

**Dydd Gwener 12.00 – 13.00**

**Cofiwch fod ciwiau'n debyol oherwydd poblogrwydd y sesiynau hyn.**

**Free Swimming for Kids**

**Our free swimming session will run as follows:**

**Friday 12.00 – 13.00**

**Please be aware that due to the popularity of these sessions, queues may be likely.**

**Mae Gwersi Nofio yn Gorffen / Swimming Lessons finish 21.12.2019 ac yn ail gychwyn / and restart 06.01.20.**

**Dosbarth olaf fitrwydd yw Grit / last fitness Class is Grit 21.12.2019 a ddosbarthiadau yn ail gychwyn / all classes restart week 04.01.20. Mae bwcio ar lein ar gael yn ystod y amser hyn. On line booking is available during this period.**



**Canolfan Hamdden**

# **Abergele**

**Leisure Centre**

01492 577940

## **Amserlen Pwll Nofio Swimming Timetable**

**21/12/2019 - 10/01/2020**



**Sir Conwy, yr amgylchedd iawn i fod yn ddiogel,  
yn iach ac yn annibynnol**

**Conwy County, the right environment to be safe,  
healthy and independent**