

# Pŵll Nofio Llambed Swimming Pool

Llun/ Mon — Gwe/ Fri 07:00 - 19:30  
Sad/ Sat 09:00 - 12:30  
Sul/ Sun 09:00 - 12:30



## Rhaglen Hanner Tymor / Half Term Programme 29-10-18—2-11-18



Dydd / Day	Amser / Time	Gweithgaredd / Activity	Pris / Price
Llun-Gwe / Mon-Fri	09.00 - 10:30	Gwersi 1 — 1 Lessons (30min)	£40.00
Llun-Gwe / Mon-Fri	10:30 - 11.00	Cwrs Dwys / Crash Course - (Cam / Stage 1 & 2)	£25.00
Llun-Gwe / Mon-Fri	11.00 - 11:30	Cwrs Dwys / Crash Course - (Cam / Stage 3 & 4)	£25.00
Llun-Gwe / Mon-Fri	14.00 - 16.30	Nofio Teuluol / Family Swim (Nofio am ddim / Free Swim—Mercher yn unig / Weds only)	£4.00/ £2.70

Bydd pob sesiwn arall yn aros yr un fath a'r amserlen arferol—nofio lân, sesiynnau cyhoeddus, 50+ ayyb.

All other sessions remain the same as normal timetable—lane swim, general public 50+ etc.

