

# Amserlen PRIF Bwll Nofio Merthyr Tudful Merthyr Tydfil MAIN Pool Timetable

Amser Tymor yr Ysgol | School Term Time

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Llun Monday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Hyfforddiant Staff Staff Training	Nofio Ysgolion School Swimming	Nofio ar gyfer Ffitrwydd Swim for Fitness	Nofio Ysgolion School Swimming	Nofio ar gyfer Ffitrwydd Swim for Fitness	Nofio Ysgolion School Swimming	Hyfforddiant Staff Staff Training	Gwersi Nofio Swimming Lessons	Nofio ar gyfer Ffitrwydd Swim for Fitness	<b>Clwb Nofio Merthyr Merthyr Swimming Club</b>													
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mawrth Tuesday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Aqua Ffit Aqua Fit (NERS)	Nofio Ysgolion School Swimming	Nofio ar gyfer Ffitrwydd Swim for Fitness	Nofio Ysgolion School Swimming	Nofio AM DDIM i bobl dros 60 oed Over 60s FREE swimming	Gwersi Nofio Swimming Lessons	<b>Clwb Nofio Merthyr Merthyr Swimming Club</b>																
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mercher Wednesday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Egnoi am Oes Active For Life	Nofio Ysgolion School Swimming	Nofio ar gyfer Ffitrwydd Swim for Fitness	Nofio Ysgolion School Swimming	Menywod yn unig Ladies only	Gwersi Nofio Swimming Lessons	Nofio ar gyfer Ffitrwydd Swim for Fitness	Logi Clwb ATG Club Hire	Ar gael i'w Logi Available for Hire														
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Iau Thursday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Aqua Ffit Aqua Fit (NERS)	Nofio Ysgolion School Swimming	Nofio ar gyfer Ffitrwydd Swim for Fitness	Nofio Ysgolion School Swimming	Egnoi am Oes Active For Life	Gwersi Nofio Swimming Lessons	Nofio ar gyfer Ffitrwydd Swim for Fitness	<b>Clwb Nofio Merthyr Merthyr Swimming Club</b>															
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Gwener Friday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Aqua Ffit Aqua Fit (NERS)	Nofio ar gyfer Ffitrwydd Swim for Fitness	Menywod yn unig Ladies only	Gwersi Nofio i Oedolion Adult Swimming Lessons	Gwersi Nofio Swimming Lessons	Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming	Clwb Triathlon Merthyr Merthyr Tri Club	Nofio ar gyfer Ffitrwydd Swim for Fitness	<b>Nofio ar gyfer Ffitrwydd Swim for Fitness</b>														
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sadwrn Saturday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Gwersi Nofio Swimming Lessons	<b>Amser i'r Teulu Family Time</b>						Parti Pen-biwydd Birthday Party															
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sul Sunday</b>						Nofio ar gyfer Ffitrwydd Swim for Fitness	Gwersi Nofio Swimming Lessons	<b>Amser i'r Teulu Family Time</b>						Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming	Parti Pen-biwydd Birthday Party														



# Amserlen ADDYSGU Pwll Nofio Merthyr Tudful Merthyr Tydfil TEACHING Pool Timetable

Amser Tymor yr Ysgol | School Term Time

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Llun Monday</b>						Nofio i'r Plantos Swim Tots	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Hyfforddiant Staff Staff Training	Gwersi Nofio Swimming Lessons																		
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mawrth Tuesday</b>						Nofio i'r Plantos Swim Tots	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Gwersi Nofio Swimming Lessons																			
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mercher Wednesday</b>						Egnoi am Oes Active For Life	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Nofio i'r Plantos Swim Tots	Gwersi Nofio Swimming Lessons																			
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Iau Thursday</b>						Nofio i'r Plantos Swim Tots	Nofio Ysgolion School Swimming	Nofio Ysgolion School Swimming	Gwersi Nofio Swimming Lessons																				
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Gwener Friday</b>						Nofio i'r Plantos Swim Tots	Gwersi Nofio Swimming Lessons	Nofio i'r Plantos Swim Tots	Gwersi Nofio i Oedolion Adult Swimming Lessons	Gwersi Nofio Swimming Lessons	Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming																		
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sadwrn Saturday</b>						Gwersi Nofio Swimming Lessons	<b>Amser i'r Teulu Family Time</b>						Parti Pen-biwydd Birthday Party																
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sul Sunday</b>						Gwersi Nofio Swimming Lessons	<b>Amser i'r Teulu Family Time</b>						Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming	Parti Pen-biwydd Birthday Party															



# Amserlen HAMDDEN Pwll Nofio Merthyr Tudful Merthyr Tydfil LEISURE Pool Timetable

Amser Tymor yr Ysgol | School Term Time

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Llun Monday</b>						Nofio i'r Plantos Swim Tots																							
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mawrth Tuesday</b>						Nofio i'r Plantos Swim Tots																							
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Mercher Wednesday</b>						Nofio i'r Plantos Swim Tots																							
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Iau Thursday</b>						Nofio i'r Plantos Swim Tots																							
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Gwener Friday</b>						Nofio i'r Plantos Swim Tots	Nofio i'r Plantos Swim Tots							Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming															
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sadwrn Saturday</b>						<b>Amser i'r Teulu Family Time</b>						Parti Pen-biwydd Birthday Party																	
Lôn/Lane 1 Lôn/Lane 2 Lôn/Lane 3 Lôn/Lane 4 Lôn/Lane 5 Lôn/Lane 6	<b>Dydd Sul Sunday</b>						<b>Amser i'r Teulu Family Time</b>						Nofio AM DDIM i'r rhai o dan 16 oed Under 16s FREE Swimming	Parti Pen-biwydd Birthday Party																

