



# NOFIO AM DDIM YN YSTOD GWYLIAU'R HOLIDAY FREE SWIMMING 18/02/2023 – 26/02/2023



	CANOLFAN HAMDDEN LLANTRISANT LEISURE CENTRE	CANOLFAN CHWARAEON CWM RHONDDA SPORTS CENTRE	CANOLFAN CHWARAEON ABERCYNON SPORTS CENTRE	CANOLFAN HAMDDEN SOBELL LEISURE CENTRE	PWLL NOFIO BRONWYDD SWIMMING POOL	CANOLFAN HAMDDEN TONYREFAIL LEISURE CEN- TRE	PWLL NOFIO Y DDRAENEN HAWTHORN SWIMMING POOL	PWLL NOFIO GLYNRHEDYNOG FERNDAL SWIMMING POOL
Llun Mon	11:15am- 12:15pm	12:30pm- 1:30pm	11:00am- 12:00pm	11:00am- 12:00pm	10:00am- 11:00am	11:00am- 12:00pm	1:30pm- 2:30pm	12:00pm- 1:00pm
Mawr Tues	11:15am- 12:15pm	12:30pm- 1:30pm	11:00am- 12:00pm	11:00am- 12:00pm	10:00am- 11:00am	11:00am- 12:00pm	1:30pm- 2:30pm	12:00pm- 1:00pm
Merch Wed	6:30pm- 7:30pm	12:30pm- 1:30pm	11:00am- 12:00pm	11:00am- 12:00pm	10:00am- 11:00am	5:30pm- 6:30pm	1:30pm- 2:30pm	12:00pm- 1:00pm
Iau Thurs	2:35pm- 3:45pm	12:30pm- 1:30pm	11:00am- 12:00pm	11:00am- 12:00pm	10:00am- 11:00am	11:00am- 12:00pm	1:30pm- 2:30pm	12:00pm- 1:00pm
Gwen Fri	3:00pm- 4:00pm	12:30pm- 1:30pm		11:00am- 12:00pm	10:00am- 11:00am	3:00pm- 4:00pm	1:30pm- 2:30pm	12:00pm- 1:00pm
Sad Sat		12:00pm- 1:00pm		11:30am- 12:30pm				1:00pm- 2:00pm
Sul Sun	10:00am- 11:00am		12:00pm- 1:45pm		11:00am- 12:00pm	2:00pm- 3:00pm	2:30pm- 3:30pm	

Bydd gwersi nofio cwrs carlam hefyd ar gael drwy gydol gwylliau'r. Cysylltwch â'r ganolfan hamdden yn uniongyrchol am ragor o wybodaeth.

Crash course swimming lessons will also be available throughout the school holidays, please contact the Leisure Centre directly for more information.

CANOLFANNAU HAMDDEN RHONDDA CYNON TAF  
RHONDDA CYNON TAF LEISURE SERVICES

LAWRLWYTHWCH YR AP  
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