

LIDO CENEDLAETHOL CYMRU | THE NATIONAL LIDO OF WALES

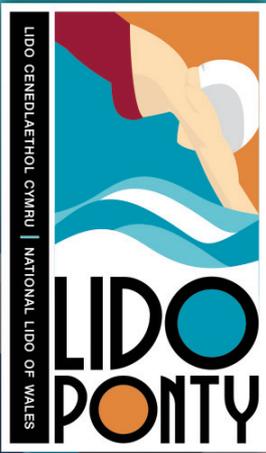
# LIDO PONTY

PARC COFFA YNYSANGHARAD WAR MEMORIAL PARK

0300 004 0000 [www.lidoponty.co.uk](http://www.lidoponty.co.uk)

MAWRTH 28 MARCH - MEDI 13 SEPTEMBER

AMSERLEN • TIMETABLE 2026



## Tymor ysgol (Dydd Llun - Dydd Gwener) Term time week days (Monday - Friday)

| AMSER TIMES   | PRIF BWLL<br>MAIN POOL   | PWLL GWEITHGAREDDAU<br>ACTIVITY POOL                                 | PWLL SBLASH<br>SPLASH POOL |
|---------------|--|--|----------------------------|
| 06:30 - 07:30 | AR AGOR / OPEN<br>Nofio Lôn a Hamddenol<br>Lane & Casual Swim        | AR AGOR / OPEN<br>Nofio Hamddenol / Casual Swimming                  | AR GAU / CLOSED            |
| 07:45 - 08:45 |  | AR GAU / CLOSED  | AR AGOR<br>OPEN            |
| 09:00 - 10:15 |  |  |                            |
| 10:45 - 12:00 |  |  |                            |
| 12:30 - 13:45 |  |  |                            |
| 14:15 - 15:30 | AR AGOR / OPEN<br>gan gynnwys Gweithgareddau<br>Including activities | AR AGOR / OPEN<br>gan gynnwys teganau gwynt<br>Including Inflatables | AR AGOR<br>OPEN            |
| 16:00 - 17:15 |  |  |                            |
| 17:45 - 19:00 |  |  |                            |

**Sylwch:** mae'r amserlen uchod ar gyfer 1 Mehefin tan 17 Gorffennaf, 2026 yn unig. Y tu allan i'r dyddiadau hyn, mae Lido Ponty yn cynnig dwy sesiwn nofio ben bore yn ystod yr wythnos.

**Please note:** the above timetable is in place from June 1-July 17, 2026 only. Outside of these dates, Lido Ponty offers two early morning swims only on weekdays.

## Bob penwythnos | Gwyliau'r Ysgol | Gwyliau'r Banc Weekends | School Holidays | Bank Holidays

| AMSER TIMES   | PRIF BWLL<br>MAIN POOL                                       | PWLL GWEITHGAREDDAU<br>ACTIVITY POOL                                 | PWLL SBLASH<br>SPLASH POOL   |
|---------------|--|--|--|
| 06:30 - 07:30 | AR AGOR / OPEN<br>Nofio Lôn a Hamddenol / Lane & Casual Swim | AR AGOR / OPEN<br>Nofio Hamddenol / Casual Swimming                  | AR GAU / CLOSED  |
| 07:45 - 08:45 |  | AR AGOR / OPEN<br>gan gynnwys Gweithgareddau<br>Including activities | AR AGOR / OPEN<br>gan gynnwys teganau gwynt<br>Including Inflatables |
| 09:00 - 10:15 |  |  |  |
| 10:45 - 12:00 |  |  |  |
| 12:30 - 13:45 |  |  |  |
| 14:15 - 15:30 |  |  |  |
| 16:00 - 17:15 |  |  |  |
| 17:45 - 19:00 |  |  |  |

Cewch ddefnyddio'r teganau gwynt a manteisio ar y gweithgareddau dim ond os yw'r tywydd yn caniatáu. | The use of inflatables and activities will be subject to weather conditions.

Ewch i'n gwefan neu dilynwch ni ar [Facebook](#) / [Twitter](#) / [Instagram](#) i gael yr wybodaeth ddiweddaraf.

Please check the website or follow us via [Facebook](#) / [Twitter](#) / [Instagram](#) for up-to-date timetable information.

Mae croeso i chi gyfathrebu â ni yn y Gymraeg • You are welcome to communicate with us in Welsh



RHONDDA CYNON TAF