

NOVA - AMSERLEN NOFIO

08/04/24 - 26/05/24

Dydd Llun

6.30am – 7.30am Lôn Oedolion >
7.45am – 8.45am Lôn Oedolion >
9.30am – 11.00am Gwersi Nofio
11.00am – 12.00pm Nofio Ysgol
12.15pm – 1.00pm Nofio Rhieni a Phlant Bach ~
1.15pm – 2.15pm Cyhoedd ~
2.30pm – 3.30pm Nofio Anabledd am ddim
4.00pm – 7.15pm Gwersi Nofio
7.30pm – 8.30pm Erobeg Dŵr >

Dydd Mawrth

6.30am – 7.30am Lôn Oedolion >
7.45am – 8.45am Lôn Oedolion >
9.30am – 10.30am Nofio Ysgol
10.30am – 11.00am Nofio Ysgol
11.30pm – 12.30pm Ners Aquafit
12.45pm – 1.45pm Nofio Flying Start
2.00pm – 3.00pm Cyhoedd ~
3.30pm – 7.15pm Gwersi Nofio
7.30pm – 8.30pm Lôn Oedolion >

Dydd Mercher

6.30am – 07.30am Lôn Oedolion #
7.45am – 08.45am Lôn Oedolion >
9.30am – 10.30am Nofio Ysgol
10.30am – 11.30am Nofio Ysgol
12.00pm – 1.00pm Erobeg Dŵr >
1.15pm – 2.15pm Nofio Rhieni a Phlant Bach ~
2.30pm – 3.45pm Lôn Oedolion >
4.00pm – 5.30pm Cyhoedd >
5.45pm – 7.00pm Cyhoedd >
7.30pm – 8.30pm Lôn Oedolion >

Dydd Iau

6.30am – 7.30am Lôn Oedolion >
7.45am – 8.45am Lôn Oedolion >
9.00am – 9.45am Nofio Rhieni a Phlant Bach ~
10.00am – 11.30am Gwersi Nofio
12.00pm – 13.00pm Lôn Oedolion >
1.15pm – 2.15pm Cyhoedd >~
2.30pm – 3.30pm Cyhoedd >~
4.00pm – 7.15pm Gwersi Nofio
7.30pm – 8.30pm Nofio Anabledd am ddim

Dydd Gwener

6.30am – 7.30am Lôn Oedolion >
7.45am – 8.45am Lôn Oedolion >
9.30am – 10.30am Nofio Ysgol
10.30am – 11.30am Nofio Ysgol
12.00pm – 1.00pm Lôn Oedolion >
1.15pm – 2.15pm Nofio Rhieni a Phlant Bach ~
2.30pm – 3.30pm Lôn Oedolion >
4.00pm – 5.30pm Cyhoedd >
5.45pm – 7.00pm Cyhoedd >
7.30pm – 8.30pm Lôn Oedolion >

Dydd Sadwrn

8.30am – 9.30am Lôn Oedolion >
9.45am – 11.30am Cyhoedd >
11.45pm – 12.45pm Nofio Rhieni a Phlant Bach
1.00pm – 2.00pm Lôn Oedolion >
2.15pm – 4.00pm Cyhoedd >

Dydd Sul

8.30am – 12.45pm Gwersi Nofio
1.00pm – 2.00pm Nofio I'r Teulu O Dan 16 Am Ddim >
2.30pm – 4.00pm Cyhoedd >

- Sesiwn am ddim i bob nofwyr dros 60.

> - £2.50 ar gyfer holl nofwyr 60+.

* - Sesiwn yn cynnwys 1 lôn

+ - Plant yn nofio am ddim gyda oedolyn yn talu yn llawn

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeirwch at ein polisi derbyn.

NOVA - SWIM TIMETABLE

08/04/24 - 26/05/24

Monday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.30am – 11.00am Swimming Lessons
11.00am – 12.00pm School Swimming
12.15pm – 1.00pm Parent & Toddler ~
1.15pm – 2.15pm Public ~
2.30pm – 3.30pm Disability Swim
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.30pm Aqua Aerobics

Tuesday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.30am – 10.30am School Swimming
10.30am – 11.00am School Swimming
11.30am – 12.30pm Ners Aqua Fit
12.45pm – 1.45pm Flying Start
2.00pm – 3.00pm Public ~
3.30pm – 7.15pm Swimming Lessons
7.30pm – 8.30pm Adult Lane >

Wednesday

6.30am – 7.30am Adult Lane #
7.45am – 8.45am Adult Lane >
9.30am – 10.30am School Swimming
10.30am – 11.30am School Swimming
12.00pm – 1.00pm Aqua Aerobics >
1.15pm – 2.15pm Parent & Toddler ~
2.30pm – 3.45pm Adult Lane >
4.00pm – 5.30pm Public >
5.45pm – 7.00pm Public >
7.30pm – 8.30pm Adult Lane >

Thursday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.00am – 9.45am Parent & Toddler ~
10.00am – 11.30am Swimming Lessons
12.00pm – 1.00pm Adult Lane >
1.15pm – 2.15pm Public >~
2.30pm – 3.30pm Public >~
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.30pm Free Disability Swim

Friday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.30am – 10.30am School Swimming
10.30am – 11.30am School Swimming
12.00pm – 1.00pm Adult Lane >
1.15pm – 2.15pm Parent & Toddler ~
2.30pm – 3.30pm Adult Lane >
4.00pm – 5.30pm Public >
5.45pm – 7.00pm Public >
7.30pm – 8.30pm Adult Lane >

Saturday

8.30am – 9.30am Adult Lane >
9.45am – 11.30am Public >
11.45am – 12.45pm Parent & Toddler
1.00pm – 2.00pm Adult Lane >
2.15pm – 4.00pm Public >

Sunday

8.30am – 12.45pm Swimming Lessons
1.00pm – 2.00pm Family Swim Under 16's Free > (Welsh Residents Only)
2.30pm – 4.00pm Public >

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

* - Session includes 1 Lane

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy.