

NOVA - AMSERLEN NOFIO

O 3YDD MEHEFIN – 21AIN GORFFENNAF 2024

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 Adult Lane >
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 Swimming Lessons
5.45pm – 7.00pm Public >
7.30pm – 8.30pm Adult Lane >

Saturday

8.30am – 9.30am Adult Lane >
9.45am – 10.45am Parent & Toddler
11.00am – 12.45pm Public >
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 >

- 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.