

# NOVA PRESTATYN - AMSERLEN NOFIO

22 GORFFENNAF – 6 MEDI 2024

## Dydd Llun

6.30am – 7.30am  
7.45am – 8.45am  
9.30am – 11.00am  
11.15am – 12.15pm  
1.00pm – 2.15pm  
2.30pm – 3.30pm  
4.00pm – 7.15pm  
7.30pm – 8.30pm

## Dydd Mawrth

6.30am – 7.30am  
7.45am – 8.45am  
9.00am – 10.00am  
10.15am – 11.15am  
11.30am – 12.30pm  
12.45pm – 1.45pm  
2.00pm – 3.00pm  
3.30pm – 7.15pm  
7.30pm – 8.30pm

## Dydd Mercher

6.30am – 7.30am  
7.45am – 8.45am  
9.00am – 10.00am  
10.15am – 11.30am  
12.00pm – 1.00pm  
1.30pm – 2.30pm  
2.45pm – 3.45pm  
4.00pm – 5.30pm  
5.45pm – 7.15pm  
7.30pm – 8.30pm

Lôn Oedolion >  
Lôn Oedolion >  
Gwersi Nofio  
Nofio Rhieni a Phlant Bach ~  
Cyhoedd > ~  
Nofio Anabledd  
Gwersi Nofio  
Erobeg Dŵr

Lôn Oedolion >  
Lôn Oedolion >  
Nofio Rhieni a Phlant Bach ~  
Lôn Oedolion >  
NERS AquaFit  
Cyhoedd > ~  
Cyhoedd > ~  
Gwersi Nofio  
Lôn Oedolion >

Lôn Oedolion >  
Lôn Oedolion #  
Nofio Rhieni a Phlant Bach ~  
Cyhoedd > ~  
Erobeg Dŵr >  
Nofio I'r Teulu O Dan 16 Am Ddim >  
Lôn Oedolion >  
Cyhoedd >  
Cyhoedd >  
Lôn Oedolion >

## Dydd Iau

6.30am – 7.30am  
7.45am – 8.45 am  
9.00am – 9.45am  
10.00am – 11.30am  
12.00pm – 1.00pm  
1.15pm – 2.15pm  
2.30pm – 3.30pm  
4.00pm – 7.15pm  
7.30pm – 8.30pm

## Dydd Gwener

6.30am – 7.30am  
7.45am – 8.45am  
9.00am – 10.00am  
10.15am - 11.30am  
12.00pm – 1.30pm  
2.00pm – 3.15pm  
4.00pm – 5.30pm  
5.45pm – 7.00pm  
7.30pm – 8.30pm

## Dydd Sadwrn

8.30am – 9.30am  
9.45am – 10.45am  
11.00am – 12.45pm  
1.00pm – 2.00pm  
2.30pm – 4.00pm

## Dydd Sul

8.30am – 12.45pm  
1.00pm – 2.00pm  
2.30pm – 4.00pm

Lôn Oedolion >  
Lôn Oedolion >  
Nofio Rhieni a Phlant Bach ~  
Gwersi Nofio  
Lôn Oedolion >  
Cyhoedd > ~  
Cyhoedd > ~  
Gwersi Nofio  
Nofio Anabledd am ddim

Lôn Oedolion >  
Lôn Oedolion >  
Nofio Rhieni a Phlant Bach ~  
Cyhoedd > ~  
Lôn Oedolion >  
Cyhoedd > ~  
Gwersi Nofio  
Cyhoedd >  
Lôn Oedolion >

Lôn Oedolion >  
Nofio Rhieni a Phlant Bach  
Cyhoedd >  
Lôn Oedolion >  
Cyhoedd >

Gwersi Nofio  
Nofio I'r Teulu O Dan 16 Am Ddim >  
Cyhoedd >

# - Sesiwn am ddim i bob nofwyr dros 60.

> - £2.50 ar gyfer holl nofwyr 60+.

~ - Prif bwll yn unig

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

\$ - Plant oed 11 – 15 yn gallu mynchu.



# NOVA PRESTATYN - SWIM TIMETABLE

22ND JULY – 6TH SEPTEMBER 2024

## Monday

6.30am – 7.30am Adult Lane >  
7.45am – 8.45am Adult Lane >  
9.30am – 11.00am Swimming Lessons  
11.15am – 12.15pm Parent & Toddler ~  
1.00pm – 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 >  
9.00am – 10.00am Parent & Toddler ~  
10.15am – 11.15am Adult Lane >  
11.30am – 12.30pm NERS AquaFit  
12.45pm – 1.45pm Public > ~  
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 #  
9.00am – 10.00am Parent & Toddler ~  
10.15am – 11.30am Public > ~  
12.00pm – 1.00pm Aqua Aerobics >  
1.30pm – 2.30pm Family Swim Under 16's Free > (Welsh Residents Only)  
2.45pm – 3.45pm Adult Lane >  
4.00pm – 5.30pm Public >  
5.45pm – 7.15pm 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 #  
9.00am – 10.00am Parent & Toddler ~  
10.15am – 11.30am Public > ~  
12.00pm – 1.30pm Adult Lane >  
2.00pm – 3.15pm Public >  
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 > (Free for all under 16s residing in Wales)  
2.30pm – 4.00pm Public >

# - Free session for all 60+ swimmers.  
> - £2.50 for all 60+ swimmers.  
~ - Main pool only

This timetable is subject to change.  
Under 8's – Please refer to our admissions policy.

