

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.

