

NOVA PRESTATYN - AMSERLEN NOFIO

2 Medi 2024 - 22 Hydref 2024

Dydd Llun

6.30am – 7.30am
7.45am – 8.45am
9.30am – 11.00am
11.00am – 12.00pm
12.15pm – 1.00pm
1.15pm – 2.15pm
2.30pm – 3.30pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Nofio Ysgol
Nofio Rhieni a Phlant Bach ~
Lôn Oedolion >
Nofio Anabledd am ddim
Gwersi Nofio
Erobeg Dŵr >

Dydd Mawrth

6.30am – 7.30am
7.45am – 8.45am
9.30am – 10.30am
10.30am – 11.00am
11.30pm – 12.30pm
12.45pm – 1.45pm
3.30pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Nofio Ysgol
Nofio Ysgol
Ners Aquafit
Nofio Flying Start
Gwersi Nofio
Lôn Oedolion >

Dydd Mercher

6.30am – 07.30am
7.45am – 08.45am
9.30am – 10.30am
10.30am – 11.30am
12.00pm – 1.00pm
1.15pm – 2.15pm
2.30pm – 3.45pm
4.00pm – 5.30pm
5.45pm – 7.00pm
7.30pm – 8.30pm

Lôn Oedolion #
Lôn Oedolion >
Nofio Ysgol
Nofio Ysgol
Erobeg Dŵr >
Nofio Rhieni a Phlant Bach ~
Lôn Oedolion >
Cyhoedd >
Cyhoedd >
Lôn Oedolion >

Dydd Iau

6.30am – 7.30am
7.45am – 8.45am
9.30am – 10.30am
10.00am – 11.30am
12.00pm – 13.00pm
1.15pm – 2.15pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Lôn Oedolion >
Lôn Oedolion >
Nofio Ysgol
Gwersi Nofio
Lôn Oedolion >
Cyhoedd >~
Gwersi Nofio
Nofio Anabledd am ddim

Dydd Gwener

6.30am – 7.30am
7.45am – 8.45am
9.30am – 10.30am
10.30am – 11.30am
12.00pm – 1.00pm
1.15pm – 2.15pm
4.00pm – 5.30pm
5.45pm – 7.00pm
7.30pm – 8.30pm

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

Dydd Sadwrn

8.30am – 9.30am
9.45am – 10.45am
11.00am – 12.45pm
1.00pm – 2.00pm
2.15pm – 4.00pm

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

Dydd Sul

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

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

Gall yr amserlen hon newid

Sesiwn am ddim I bob nofwyr dross 60
> £2.50 ar gyfer holl nofwyr 60+
~ Prif bwll yn unig

\$ Plant oed 11-15 yngallu mynchu
Dan 8 oed – Cyfeiriwch at ein polisi derbyn



NOVA PRESTATYN - SWIM TIMETABLE

2nd September 2024 – 22nd October 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
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 >
9.30am – 10.30am School Swimming
10.30am – 11.30am Swimming Lessons
12.00pm – 1.00pm Adult Lane >
1.15pm – 2.15pm 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 ~
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 Under 16s Residing in Wales)
2.30pm – 4.00pm Public >

This timetable is subject to change

Free session for 60+ swimmers
> £2.50 for all Welsh Residents 60+
~ Main pool only session

\$ Juniors can attend, 11-15 years old
Under 8's Child Admission Policy in place

