

NOVA PRESTATYN - AMSERLEN NOFIO

16 Medi 2024 – 27 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

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

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

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

Lôn Oedolion #
Lôn Oedolion >
Nofio Ysgol
Nofio Ysgol
Erobeg Dŵr >
Dechrau Da
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

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

Dydd Sadwrn

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

Dydd Sul

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

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

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

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

16th September 2024 – 27th October 2024

Monday		Thursday	
6.30am – 7.30am	Adult Lane >	6.30am – 7.30am	Adult Lane >
7.45am – 8.45am	Adult Lane >	7.45am – 8.45am	Adult Lane >
9.30am – 11.00am	Swimming Lessons	9.30am – 10.30am	School Swimming
11.00am – 12.00pm	School Swimming	10.30am – 11.30am	Swimming Lessons
12.15pm – 1.00pm	Parent & Toddler ~	12.00pm – 1.00pm	Adult Lane >
1.15pm – 2.15pm	Adult Lane >	1.15pm – 2.15pm	Public >~
2.30pm – 3.30pm	Disability Swim	4.00pm – 7.15pm	Swimming Lessons
4.00pm – 7.15pm	Swimming Lessons	7.30pm – 8.30pm	Free Disability Swim
7.30pm – 8.30pm	Aqua Aerobics	Friday	
Tuesday		6.30am – 7.30am	Adult Lane >
6.30am – 7.30am	Adult Lane >	7.45am – 8.45am	Adult Lane >
7.45am – 8.45am	Adult Lane >	9.30am – 10.30am	School Swimming
9.30am – 10.30am	School Swimming	10.30am – 11.30am	School Swimming
10.30am – 11.00am	School Swimming	12.00pm – 1.00pm	Adult Lane >
11.30am – 12.30pm	Ners Aqua Fit	1.15pm – 2.15pm	Parent & Toddler ~
12.45pm – 1.45pm	Flying Start	4.00pm – 5.30pm	Swimming Lessons
3.30pm – 7.15pm	Swimming Lessons	5.45pm – 7.00pm	Public >
7.30pm – 8.30pm	Adult Lane >	7.30pm – 8.30pm	Adult Lane >
Wednesday		Saturday	
6.30am – 7.30am	Adult Lane #	8.30am – 9.30am	Adult Lane >
7.45am – 8.45am	Adult Lane >	9.45am – 10.45am	Parent & Toddler
9.30am – 10.30am	School Swimming	11.00am – 12.45pm	Public >
10.30am – 11.30am	School Swimming	1.00pm – 2.00pm	Adult Lane >
12.00pm – 1.00pm	Aqua Aerobics >	2.15pm – 4.00pm	Public >
1.15pm – 2.15pm	Bookstart	Sunday	
2.30pm – 3.45pm	Adult Lane >	8.30am – 12.45pm	Swimming Lessons
4.00pm – 5.30pm	Public >	1.00pm – 2.00pm	Family Swim (Free for Under 16s Residing in Wales)
5.45pm – 7.00pm	Public >	2.30pm – 4.00pm	Public >
7.30pm – 8.30pm	Adult Lane >		

This timetable is subject to change

Free session for all Welsh Residents 60+.

> £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

