

# 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

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

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

