

NOVA PRESTATYN - AMSERLEN NOFIO

O 28 HYDREF – 3 TACHWEDD 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

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

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

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

Dydd Mercher

6:30am – 7:30am
7:45am – 8:45am
9:00am – 10:00am
10:15am – 11:30am
12:00pm – 1:00pm
2:45pm – 3:45pm
4:00pm – 5:30pm
5:45pm – 7:15pm
7:30pm – 8:30pm

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

Dydd Iau

6:30am – 7:30am
7:45am – 8:45 am
10:00am – 11:30am
12:00pm – 1:00pm
1:15pm – 2:15pm
2:30pm – 3:30pm
4:00pm – 7:15pm
7:30pm – 8:30pm

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

Dydd Gwener

6:30am – 7:30am
7:45am – 8:45am
9:00am – 10:00am
10:15am – 11:30am
12:00pm – 1:30pm
2:00pm – 4:00pm
7:30pm – 8:30pm

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

Dydd Sadwrn

8:30am – 9:30am
9:45am – 10:45am
11:00am – 12:45pm
1:00pm – 2:00pm
2:30pm – 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 l'r Teulu O Dan 16 Am Ddim >
Cyhoedd >

- Sesiwn am ddim i holl Breswylwyr Cymru 60+.

> - £2.50 i holl nofwyr 60+ Preswyl Cymru

~ - Prif bwll yn unig

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

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