

NOVA PRESTATYN - AMSERLEN NOFIO

4^{fed} Hydref 2024 – 22^{fed} Rhagfyr 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 >
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
7:30pm – 8:30pm

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

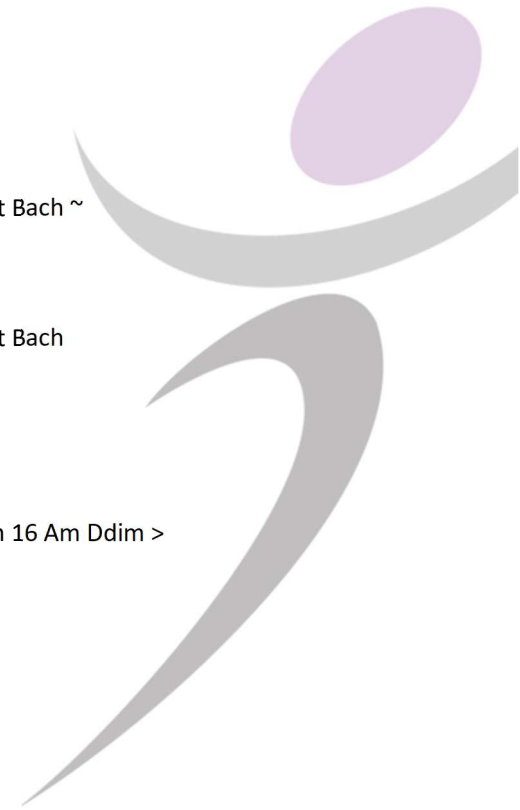
8:30am – 12:45pm
1:00pm – 2:00pm
2:30pm – 4:00pm

Gwersi Nofio
Nofio 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

From 4th November 2024 - To 22nd December 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 Bookstart
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 ~
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 >
2:30pm – 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 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

