

NOVA PRESTATYN - AMSERLEN NOFIO

O 6^{ed} IONAWR – 23^{ain} CHWEFROR 2025

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
11.30am – 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 Rhieni a Phlant Bach ~
Gwersi Nofio
Lôn Oedolion >

Dydd Mercher

6.30am – 7.30am
7.45am – 8.45am
9.30am – 10.30am
10.30am – 11.30am
12.00pm – 1.00pm
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 >
Lôn Oedolion >
Cyhoedd >
Cyhoedd >
Lôn Oedolion >

Dydd Iau

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 – 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 >

Sesiwn am ddim l 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
Gall yr amserlen hon newid

