

# NOVA PRESTATYN - SWIM TIMETABLE

FROM 24<sup>TH</sup> FEBRUARY – 2<sup>ND</sup> MARCH 2025

## Monday

6.30am – 7.30am Adult Lane >  
7.45am – 8.45am Adult Lane >  
9.30am – 11.00am Swimming Lessons  
11.15am – 12.15pm Parent & Toddler ~  
1.00pm – 2.15pm Public >~  
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 >  
9.00am – 10.00am Parent & Toddler ~  
10.15am – 11.15am Adult Lane >  
11.45am – 12.30pm NERS AquaFit  
12.45pm – 1.45pm Public >~  
2.00pm – 3.00pm Public >~  
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 #  
9.00am – 10.00am Parent & Toddler ~  
12.00pm – 1.00pm Aqua Aerobics >  
2.45pm – 3.45pm Adult Lane >  
4.00pm – 5.30pm Public >  
5.45pm – 7.15pm Public >  
7.30pm – 8.30pm Adult Lane >

## Thursday

6.30am – 7.30am Adult Lane >  
7.45am – 8.45am Adult Lane >  
10.00am – 11.30am Swimming Lessons  
12.00pm – 1.00pm Adult Lane >  
1.15pm – 2.15pm Public >~  
2.30pm – 3.30pm 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  
9.00am – 10.00am Parent & Toddler ~  
12.00pm – 1.30pm Adult Lane >  
2.00pm – 4.00pm Public >~  
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 all under 16s residing in Wales)  
2.30pm – 4.00pm Public >

# - Free session for all Welsh Residents 60+.  
> - £2.50 for all 60+ Welsh Resident swimmers.  
~ - Main pool only

This timetable is subject to change.  
Under 8's – Please refer to our admissions policy.

\$ - Juniors aged 11 – 15 can attend.