

NOVA PRESTATYN - SWIM TIMETABLE

14TH APRIL – 27TH APRIL 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 >
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 >

Bank Holiday Dates:

Good Friday 18th April and Easter Monday 21st April

Please see separate timetable

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 > ~
4.30pm – 6.00pm	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.

