

NOVA PRESTATYN - SWIM TIMETABLE

FROM 2ND JUNE – 20TH JULY 2025

Monday

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

Adult Lane >
Adult Lane >
Swimming Lessons
School Swimming
Parent & Toddler ~
Adult Lane >
Disability Swim
Swimming Lessons
Aqua Aerobics

Tuesday

6.30am – 7.30am
7.45am – 8.45am
9.30am – 10.30am
10.30am – 11.00am
12.45pm – 1.45pm
3.30pm – 7.15pm
7.30pm – 8.30pm

Adult Lane >
Adult Lane >
School Swimming
School Swimming
Flying Start
Swimming Lessons
Adult Lane >

Wednesday

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

Adult Lane #
Adult Lane >
School Swimming
School Swimming
Aqua Aerobics >
Adult Lane >
Public >
Public >
Adult Lane >

Thursday

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

Adult Lane >
Adult Lane >
School Swimming
Swimming Lessons
Adult Lane >
Public > ~
Swimming Lessons
Free Disability Swim

Friday

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 – 5.30pm
6.00pm – 7.00pm

Adult Lane >
Adult Lane >
School Swimming
School Swimming
Adult Lane >
Parent & Toddler ~
Public >
Adult Lane >

Saturday

8.30am – 9.30am
9.45am – 10.45am
11.00am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Adult Lane >
Parent & Toddler
Public >
Adult Lane >
Public >

Sunday

8.30am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Swimming Lessons
Family Swim *(Free for Under 16s Residing in Wales)
Public >

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
This timetable is subject to change

