NOVA PRESTATYN - SWIM TIMETABLE

FROM 28TH APRIL – 25TH MAY 2025

6.30am − 7.30am Adult Lane > 6.30am − 7.30am Adult Lane > 7.45am = 8.45am Adult Lane > 7.45am = 8.45am Adult Lane > 9.30am − 11.00am Swimming Lessons 9.30am − 10.30am School Swimming 11.00am − 12.00pm School Swimming 10.30am − 11.30am Swimming Lessons 12.15pm − 1.00pm Parent & Toddler ~ 12.00pm − 1.00pm Adult Lane > 1.15pm − 2.15pm Adult Lane > 1.15pm − 2.15pm Public > ~ 2.30pm − 3.30pm Disability Swim 4.00pm − 7.15pm Swimming Lessons 7.30pm − 8.30pm Aqua Aerobics > Friday 7.30pm − 8.30pm Adult Lane > 7.30pm − 8.30pm Free Disability Swim 6.30am − 7.30am Adult Lane > 6.30am − 7.30am Adult Lane > 6.30am − 7.30am Adult Lane > 7.45am − 8.45am Adult Lane > 7.45am − 8.45am Adult Lane > 9.30am − 10.30am School Swimming 10.30am − 11.30am School Swimming 10.30am − 11.30am School Swimming 12.45pm − 1.45pm Flying Start 1.15pm − 2.15pm Parent & Toddler ~ <th>Monday</th> <th></th> <th>Thursday</th> <th></th>	Monday		Thursday	
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	7.30pm – 8.30pm	Adult Lane >	2.30pm – 4.00pm	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

