Weekly Track Cycling Timetable

Please check the app / website or the notice boards in the Geraint Thomas Velodrome for session dates, times, and update changes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 - 12pm Open Start Gate Session	**7 - 9am** Stage 3 Early Bird			**9 - 10am** Youth Intro Stage 1
	12 - 2pm Stage 3 Drop In Session		**12 - 2pm** Stage 2 Drop In Session*		**10 - 11am** Youth Stage 2
2 - 4pm Open Easy Rider Session	**5 - 6pm** Youth Intro Stage 1	**2 - 4pm** Stage 2 Drop In Session	**2 - 3pm** Derny Session Endurance	**2 - 4pm** Open Para Track**	**11 - 1pm** Youth Stage 3 & 4
4 - 5.30pm Derny Session*	**6 - 7pm** Derny Session Endurance*	**5 - 6pm** Adult Intro Stage 1		**5 - 6pm** Women Only	**1 - 3pm** Open Effort Session
5.30 - 7pm Youth Intro Stage 1 & 2	**7 - 9pm** Stage 2 Regular Riders	**6 - 8pm** Youth Stage 4		**6 - 8pm** Stage 3 Vets Club***	**6 - 9pm** Race Sprint Night/Session*
7 - 10pm Track League Race Night	**9 - 10pm** Adult Intro Stage 1	**8 - 9pm** Adult Stage 2 & 3		**8 - 9pm** Adult Stage 2 & 3	

Scan to book
Sganiwch i archebu

Amserlen Beicio Trac Wythnosol

Edrychwch ar yr ap / y wefan neu'r hysbysfyrddau yn Felodrom Geraint Thomas am ddyddiadau ac amseroedd a newidiadau wedi eu diweddaru.

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn
	11 - 12pm Dechrau Agored Sesiwn Gât	**7 - 9am** Cam 3 Cynnig Cynnar			**9 - 10am** Cyflwyniad i Leuenctid Cam 1
	12 - 2pm Cam 3 Sesiwn Galw Heibio		**12 - 2pm** Cam 2 Sesiwn Galw Heibio		**10 - 11am** Ieuenctid Cam 2
2 - 4pm Beicwyr Bendigedig	**5 - 6pm** Cyflwyniad i Leuenctid Cam 1	**2 - 4pm** Cam 2 Sesiwn Galw Heibio	**2 - 3pm** Derny Sesiwn Endurance*	**2 - 4pm** Trac Para Agored**	**11 - 1pm** Ieuenctid Cam 3 & 4
4 - 5.30pm Derny Sesiwn*	**6 - 7pm** Derny Session Endurance*	**5 - 6pm** Cyflwyniad Oedolion Cam 1		**5 - 6pm** Merched Yn Unig	**1 - 3pm** Ymdrech Agored Sesiwn
5.30 - 7pm Cyflwyniad i Leuenctid Cam 1&2	**7 - 9pm** Cam 2 Marwolwyr Rheolaidd	**6 - 8pm** Ieuenctid Cam 4		**6 - 8pm** Cam 3 Clwb Beicwyr Hŷn***	**6 - 9pm** Race Sprint Nos/Sesiwn*
7 - 10pm Cynghrair Trac Nos Ras	**9 - 10pm** Cyflwyniad Oedolyn Cam 1	**8 - 9pm** Oedolyn Cam 2 & 3		**8 - 9pm** Oedolyn Cam 2 & 3	

Youth sessions for 9-15 years old | Sesiynau ieuenctid 9-15 oed

Adult sessions for 14+ years old | Sesiynau oedolion 14+ oed

Competitive sessions | Sesiynau cystadleuol

*Sessions will run periodically – please check the app for availability
Sessions yn digwydd o bryd i'w gilydd – gwiriwch yr ap am argaeledd

**Open Para Track - sessions for 14+ years old | Trac Para Agored - sesiynau 14+ oed (younger riders at coaches discretion)

***Vets Club - sessions for females 14+ and males 30+ | Clwb Beicwyr Hŷn - sesiynau i fenywod 14+ oed a dynion 30+ oed

NEWPORT LIVE
CASNEWYDD FYW

Geraint Thomas
NATIONAL VELODROME OF WALES
FELODROM CENEDLAETHOL CYMRU