

public swimming times

Bro Ddyfi Leisure Centre

Accurate as of 27/07/2024

Times for Wednesday 28 September



Time	Session	Facility
7:30 am - 9:00 am	Nofio Lon / Lane Swim	Prif pwll--Main pool
9:00 am - 10:00 am	60+ Nofio am Ddim / 60+ Freeswim	Prif pwll--Main pool
10:00 am - 10:45 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool
10:00 am - 3:45 pm	Nofio Cyhoeddus / Public Swim	Prif pwll--Main pool
4:00 pm - 7:00 pm	Ysgol Nofio / Swim School	Prif pwll--Main pool
7:15 pm - 8:00 pm	Aqua HIIT / Aqua HIIT	Prif pwll--Main pool
8:00 pm - 8:45 pm	Nofio Cyhoeddus / Public Swim	Prif pwll--Main pool