


# public swimming times

## Llanidloes Sports Centre

Accurate as of 05/05/2024

Times for Monday 22 January			
Time	Session	Facility	
9:30 am - 10:30 am	Nofio Ysgolion / School Swimming	Pwll Nofio / Swimming Pool	
11:00 am - 12:00 pm	Nofio i Bobl H_n / Silver Swim	Pwll Nofio / Swimming Pool	
1:00 pm - 3:30 pm	Nofio Ysgolion / School Swimming	Pwll Nofio / Swimming Pool	
4:00 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	Pwll Nofio / Swimming Pool	
6:15 pm - 7:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio / Swimming Pool	
7:00 pm - 8:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
8:00 pm - 9:00 pm	Nofio Lon / Lane Swim	Pwll Nofio / Swimming Pool	