


public swimming times

Llanidloes Sports Centre

Accurate as of 17/05/2024

| Times for Monday 16 July | | |  |
|--------------------------|--|----------------------------|---|
| 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 | |