## public swimming times Llanidloes Sports Centre

## Accurate as of 28/04/2024

| Times for Monday 23 July |  |                            |
|--------------------------|--|----------------------------|
| Time                     | Session  | Facility                   |
| 10:00 am - 11:00 am      | Nofio Cyhoeddus / Public Swim                      | Pwll Nofio / Swimming Pool |
| 11:00 am - 12:00 pm      | 60+ Nofio am Ddim / 60+ Freeswim                   | Pwll Nofio / Swimming Pool |
| 1:00 pm - 2:00 pm        | Sblash Hwyl / Fun Splash                           | Pwll Nofio / Swimming Pool |
| 2:00 pm - 3:00 pm        | Nofio i'r Teulu / Family Swim                      | 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 |