

# public swimming times

## Llanidloes Sports Centre

Accurate as of 17/05/2025

### Times for Monday 22 July



Time	Session	Facility
9:00 am - 10:00 am	Private Lessons	Pwll Nofio / Swimming Pool
10:00 am - 11:00 am	Nofio Cyhoeddus / Public Swim	Pwll Nofio / Swimming Pool
11:00 am - 12:00 pm	Nofio i 60+ / 60+ Swim	Pwll Nofio / Swimming Pool
12:00 pm - 1:00 pm	Gweithgaredd i Blant / Junior Activities	Pwll Nofio / Swimming Pool
1:00 pm - 2:00 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio / Swimming Pool
2:00 pm - 3:00 pm	Nofio Cyhoeddus / Public 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