# public swimming times
## Llanidloes Sports Centre

**Accurate as of 29/04/2024**

**Times for Monday 23 September**

| 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 |
| 12:00 pm - 12:30 pm | Sblash a Sbri | 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 |