

# public swimming times

## Llanidloes Sports Centre

Accurate as of 19/05/2024

Times for Friday 15 November			
Time	Session	Facility	
8:00 am - 8:45 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio / Swimming Pool	
9:15 am - 10:00 am	Rhieni a Phlant Bach / Parent & Toddler	Pwll Nofio / Swimming Pool	
10:15 am - 11:00 am	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
11:00 am - 12:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio / Swimming Pool	
1:00 pm - 3:00 pm	Nofio Ysgolion / School Swimming	Pwll Nofio / Swimming Pool	
3:45 pm - 4:30 pm	Clwb Nofio / Swimming Club	Pwll Nofio / Swimming Pool	
4:30 pm - 5:15 pm	Clwb Nofio / Swimming Club	Pwll Nofio / Swimming Pool	
5:15 pm - 6:00 pm	Gwersi i Oedolion / Adult Lessons	Pwll Nofio / Swimming Pool	
6:00 pm - 7:00 pm	Splash Hwyl / Fun Splash	Pwll Nofio / Swimming Pool	
7:00 pm - 8:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio / Swimming Pool	
8:00 pm - 9:00 pm	Nofio Lon / Lane Swim	Pwll Nofio / Swimming Pool	