


# public swimming times

## Flash Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 1 March			
Time	Session	Facility	
6:30 am - 9:00 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool	
9:00 am - 12:00 pm	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool	
12:00 pm - 12:30 pm	Rhieni a Phlant Bach / Parent & Toddler	Pwll Nofio--Swimming Pool	
3:10 pm - 3:50 pm	Nofio i 50+ / 50+ Swim	Pwll Nofio--Swimming Pool	
4:00 pm - 6:00 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	Pwll Nofio--Swimming Pool	
6:00 pm - 7:00 pm	Splash n Slide	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 Ffitrwydd i Oedolion / Adult Fit Swim	Pwll Nofio--Swimming Pool	
9:00 pm - 10:00 pm	Adult Swim	Pwll Nofio--Swimming Pool	