

public swimming times

Flash Leisure Centre

Accurate as of 20/04/2024

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 |