


# public swimming times

## Flash Leisure Centre

Accurate as of 03/05/2024

| Times for Friday 2 March |  |                           |  |
|--------------------------|--|---------------------------|---|
| Time                     | Session  | Facility                  |   |
| 6:30 am - 9:00 am        | Nofio Ben Bore / Early Risers Swim                 | Pwll Nofio--Swimming Pool |   |
| 9:00 am - 11:00 am       | Nofio Ysgolion / School Swimming                   | Pwll Nofio--Swimming Pool |   |
| 1:00 pm - 3:00 pm        | Nofio Ysgolion / School Swimming                   | 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        | Clwb Nofio / Swimming Club                         | Pwll Nofio--Swimming Pool |   |
| 8:00 pm - 9:00 pm        | Adult Swim   | Pwll Nofio--Swimming Pool |   |