


public swimming times

Flash Leisure Centre

Accurate as of 13/05/2024

Times for Tuesday 22 May			
Time	Session	Facility	
6:30 am - 9:00 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool	
1:00 pm - 4:00 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 - 6:30 pm	Gwersi i Oedolion / Adult Lessons	Pwll Nofio--Swimming Pool	
6:30 pm - 8:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool	
8:00 pm - 9:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	
9:00 pm - 10:00 pm	Adult Swim	Pwll Nofio--Swimming Pool	