

# public swimming times

## Flash Leisure Centre

Accurate as of 30/04/2024

### Times for Wednesday 23 May



Time	Session	Facility
6:30 am - 9:00 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool
1:15 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 - 9:00 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
9:00 pm - 10:00 pm	Oedolion yn Nofio / Adult Swim	Pwll Nofio--Swimming Pool