

public swimming times

Flash Leisure Centre

Accurate as of 28/04/2024

Times for Monday 20 August



Time	Session	Facility
6:30 am - 9:00 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool
9:00 am - 10:00 am	Gweithgaredd i Blant / Junior Activities	Pwll Nofio--Swimming Pool
10:00 am - 11:00 am	Nofio i'r Teulu / Family 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	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
7:00 pm - 8:00 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
8:00 pm - 9:00 pm	Merched yn Unig / Ladies Only	Pwll Nofio--Swimming Pool
9:00 pm - 10:00 pm	Adult Swim	Pwll Nofio--Swimming Pool