

# public swimming times

## Flash Leisure Centre

Accurate as of 17/05/2025

### Times for Tuesday 21 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 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 - 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