

# public swimming times

## Flash Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 19 November



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
11:00 am - 12:00 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	Pwll Nofio--Swimming Pool
12:30 pm - 1:00 pm	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
1:00 pm - 3:00 pm	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool
3:15 pm - 3:50 pm	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 - 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