public swimming times Flash Leisure Centre

Accurate as of 02/05/2024

Times for Friday 23 November		
Time	Session	Facility
6:30 am - 9:00 am	Nofio Ben Bore / Early Risers Swim	Pwll NofioSwimming Pool
9:00 am - 11:00 am	Nofio Ysgolion / School Swimming	Pwll NofioSwimming Pool
1:00 pm - 3:00 pm	Nofio Ysgolion / School Swimming	Pwll NofioSwimming Pool
4:00 pm - 6:00 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	Pwll NofioSwimming Pool
6:00 pm - 7:00 pm	Splash n Slide	Pwll NofioSwimming Pool
7:00 pm - 8:00 pm	Clwb Nofio / Swimming Club	Pwll NofioSwimming Pool
8:00 pm - 9:00 pm	Adult Swim	Pwll NofioSwimming Pool