


public swimming times

Flash Leisure Centre

Accurate as of 29/04/2024

Times for Monday 25 February			
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	Gwersi Dwys / Intensive Lessons	Pwll Nofio--Swimming Pool	
10:00 am - 11:00 am	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool	
11:00 am - 12:00 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool	
12:00 pm - 1:00 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool	
1:00 pm - 2:00 pm	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool	
2:00 pm - 3:00 pm	Nofio i'r Teulu / Family Swim	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	