

# public swimming times

## Flash Leisure Centre

Accurate as of 29/04/2024

### Times for Friday 1 March



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	Splash n Slide	Pwll Nofio--Swimming Pool
11:00 am - 12:00 pm	Splash n Slide	Pwll Nofio--Swimming Pool
12:00 pm - 1:00 pm	Splash n Slide	Pwll Nofio--Swimming Pool
1:00 pm - 2:00 pm	Splash n Slide	Pwll Nofio--Swimming Pool
2:00 pm - 3:00 pm	Splash n Slide	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	Splash n Slide	Pwll Nofio--Swimming Pool
7:00 pm - 8:00 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
8:00 pm - 9:00 pm	Adult Swim	Pwll Nofio--Swimming Pool