

# public swimming times

## Flash Leisure Centre

Accurate as of 28/07/2024

### Times for Wednesday 24 July



Time	Session	Facility
6:30 am - 7:30 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool
7:30 am - 9:00 am	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool
9:00 am - 10:00 am	Nofio Cyhoeddus / Public Swim	Pwll Nofio--Swimming Pool
10:00 am - 11:00 am	Nofio i'r Teulu / Family Swim	Pwll Nofio--Swimming Pool
11:00 am - 12:30 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool
12:45 pm - 1:45 pm	Hwyl yn y D_r / Watermania	Pwll Nofio--Swimming Pool
2:00 pm - 3:00 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool
3:00 pm - 3:45 pm	Nofio i 50+ / 50+ Swim	Pwll Nofio--Swimming Pool
4:00 pm - 6:00 pm	Ysgol Nofio / Swim School	Pwll Nofio--Swimming Pool
6:00 pm - 7:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool
7:00 pm - 8:30 pm	Clwb Nofio / Swimming Club	Pwll Nofio--Swimming Pool
8:30 pm - 9:30 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool