

public swimming times

Flash Leisure Centre

Accurate as of 27/07/2024

Times for Monday 29 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 - 12:00 pm | Nofio Lon / Lane Swim | Pwll Nofio--Swimming Pool |
| 11:00 am - 12:00 pm | Rhieni a Phlant Bach / Parent & Toddler | Pwll Nofio--Swimming Pool |
| 12:00 pm - 1:00 pm | Hwyl yn y D_r / Watermania | Pwll Nofio--Swimming Pool |
| 1:00 pm - 2:00 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 | Nofio Cyhoeddus / Public Swim | 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 |