

# public swimming times

## Flash Leisure Centre

Accurate as of 26/09/2024

### Times for Thursday 26 September



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 - 11:00 am	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool
11:00 am - 12:30 pm	Ysgol Nofio / Swim School	Pwll Nofio--Swimming Pool
11:30 am - 12:45 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool
11:30 am - 12:45 pm	Rhieni a Phlant Bach / Parent & Toddler	Pwll Nofio--Swimming Pool
1:00 pm - 3:00 pm	Nofio Ysgolion / School Swimming	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 - 8:00 pm	Merched yn Unig / Ladies Only	Pwll Nofio--Swimming Pool
8:00 pm - 9:00 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool