

public swimming times

Bro Ddyfi Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 17 August



Time	Session	Facility
7:30 am - 9:00 am	Nofio Lon / Lane Swim	Prif pwll--Main pool
9:00 am - 9:45 am	Gweithgaredd i Blant / Junior Activities	Prif pwll--Main pool
10:00 am - 10:45 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool
11:00 am - 12:00 pm	Llithren / Flume Available	Prif pwll--Main pool
12:00 pm - 1:00 pm	Llithren / Flume Available	Prif pwll--Main pool
1:00 pm - 2:00 pm	Llithren / Flume Available	Prif pwll--Main pool
2:00 pm - 3:00 pm	Llithren / Flume Available	Prif pwll--Main pool
4:00 pm - 6:00 pm	Swim School	Prif pwll--Main pool
6:00 pm - 7:00 pm	Gwersi i Oedolion / Adult Lessons	Prif pwll--Main pool
7:30 pm - 8:15 pm	Aqua HIIT	Prif pwll--Main pool
8:15 pm - 9:00 pm	Nofio Cyhoeddus / Public Swim	Prif pwll--Main pool