

public swimming times

Knighton Sports Centre

Accurate as of 15/05/2024

Times for Monday 25 March



Time	Session	Facility
10:00 am - 11:00 am	Adult & Child Lessons	swimming pool
11:15 am - 12:15 pm	Nofio i 60+ / 60+ Swim	swimming pool
11:15 am - 1:00 pm	Nofio Cyhoeddus / Public Swim	swimming pool
1:00 pm - 2:00 pm	Fflotiau / Floats Session	swimming pool
2:00 pm - 3:00 pm	U17 Nofio am Ddim / U17 Free Swim	swimming pool
3:30 pm - 5:45 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool
6:00 pm - 7:30 pm	Nofio Cyhoeddus / Public Swim	swimming pool
7:30 pm - 8:45 pm	Nofio Lon / Lane Swim	swimming pool