## public swimming times Knighton Sports Centre

## Accurate as of 09/04/2024

Times for Friday 29 March		
Time	Session	Facility
7:00 am - 8:00 am	Nofio Lon / Lane Swim	swimming pool
8:00 am - 9:00 am	Nofio Lon / Lane Swim	swimming pool
9:15 am - 10:15 am	Adult & Child Lessons	swimming pool
10:30 am - 11:30 am	Rhieni a Phlant Bach / Parent & Toddler	swimming pool
11:30 am - 1:00 pm	Nofio Cyhoeddus / Public Swim	swimming pool
1:00 pm - 9:00 pm	Ar Gau / Pool Closed	swimming pool