


public swimming times

Knighton Sports Centre

Accurate as of 15/05/2024

Times for Tuesday 2 April			
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	
9:00 am - 9:30 am	Gentle Aqua	swimming pool	
10:00 am - 11:00 am	Rhieni a Phlant Bach / Parent & Toddler	swimming pool	
11:00 am - 12:00 pm	Nofio i 50+ / 50+ Swim	swimming pool	
12:00 pm - 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 - 6:00 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	