

public swimming times

Knighton Sports Centre

Accurate as of 18/09/2026

Times for Friday 18 September			
Time	Session	Facility	
7:00 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 - 3:00 pm	Nofio Ysgolion / School Swimming	swimming pool	
3:30 pm - 5:45 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
6:00 pm - 7:00 pm	Fflotiau / Floats Session	swimming pool	
7:00 pm - 8:00 pm	Nofio Cyhoeddus / Public Swim	swimming pool	
8:00 pm - 8:45 pm	Nofio Lon / Lane Swim	swimming pool	