

public swimming times

Knighton Sports Centre

Accurate as of 18/09/2026

Times for Monday 21 September

Time	Session	Facility
9:00 am - 10:00 am	Members Only Swim	swimming pool
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 - 3:00 pm	Nofio Ysgolion / School Swimming	swimming pool
3:30 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool
6:15 pm - 7:30 pm	Nofio Cyhoeddus / Public Swim	swimming pool
7:30 pm - 8:45 pm	Nofio Lon / Lane Swim	swimming pool