

public swimming times

Knighton Sports Centre

Accurate as of 18/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
7:00 am - 9:00 am	Nofio Lon / Lane Swim	swimming pool	
9:00 am - 9:30 am	Gentle Aqua	swimming pool	
9:30 am - 11:00 am	Members Only Swim	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	
1:30 pm - 2:30 pm	Nofio Ysgolion / School Swimming	swimming pool	
3:30 pm - 5:30 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
5:45 pm - 7:30 pm	Nofio Cyhoeddus / Public Swim	swimming pool	
7:30 pm - 8:45 pm	Nofio Lon / Lane Swim	swimming pool	