

public swimming times

Knighton Sports Centre

Accurate as of 04/10/2026

Times for Wednesday 7 October			
Time	Session	Facility	
9:00 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	
1:00 pm - 3:00 pm	Nofio Ysgolion / School Swimming	swimming pool	
3:30 pm - 4:30 pm	Nofio Cyhoeddus / Public Swim	swimming pool	
4:30 pm - 5:30 pm	Fflotiau / Floats Session	swimming pool	
5:30 pm - 6:30 pm	Nofio i 60+ / 60+ Swim	swimming pool	
5:30 pm - 6:30 pm	Adult Swim	swimming pool	
6:30 pm - 8:45 pm	Nofio Cyhoeddus / Public Swim	swimming pool	