


# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 03/05/2024

Times for Saturday 28 November			
Time	Session	Facility	
7:30 am - 8:30 am	Nofio Lon / Lane Swim	swimming pool	
9:00 am - 12:00 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
1:00 pm - 3:00 pm	Open Swim	swimming pool	