

# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 03/05/2024

### Times for Thursday 3 December



Time	Session	Facility
6:30 am - 8:00 am	Nofio Lon / Lane Swim	swimming pool
8:00 am - 9:00 am	Nofio Lon / Lane Swim	swimming pool
12:00 pm - 12:45 pm	Hydroyoga	swimming pool
3:45 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool
6:15 pm - 7:45 pm	Clwb Triathlon / Triathlon Club	swimming pool
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool