


public swimming times

Ystradgynlais Sports Centre

Accurate as of 05/05/2024

Times for Friday 24 September			
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	
1:15 pm - 2:00 pm	Open Swim	swimming pool	
3:45 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
6:15 pm - 7:00 pm	Hwyl yn y D_r / Watermania	swimming pool	