


# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 05/05/2024

Times for Wednesday 24 August			
Time	Session	Facility	
6:30 am - 8:00 am	Nofio Lon / Lane Swim	swimming pool	
8:00 am - 8:45 am	Nofio Lon / Lane Swim	swimming pool	
8:45 am - 9:30 am	Erobeg yn y D_r / Aqua Aerobics	swimming pool	
9:45 am - 11:15 am	Gwersi Dwys / Intensive Lessons	swimming pool	
12:15 pm - 1:45 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
3:00 pm - 3:45 pm	Gweithgaredd i Blant / Junior Activities	swimming pool	
3:45 pm - 6:30 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
6:30 pm - 8:15 pm	Clwb Nofio / Swimming Club	swimming pool	
8:15 pm - 9:15 pm	Nofio Lon / Lane Swim	swimming pool	