


# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 03/05/2024

| Times for Thursday 25 August |  |               |  |
|------------------------------|--|---------------|---|
| 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 |   |
| 9:00 am - 12:00 pm           | Open Swim  | swimming pool |   |
| 9:45 am - 11:15 am           | Gwersi Dwys / Intensive Lessons                    | swimming pool |   |
| 12:15 pm - 1:15 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 - 6:15 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 |   |