

public swimming times

Ystradgynlais Sports Centre

Accurate as of 23/04/2024

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