

public swimming times

Ystradgynlais Sports Centre

Accurate as of 21/05/2024

Times for Wednesday 17 April



| 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 |
| 9:30 am - 12:00 pm | Open Swim | swimming pool |
| 12:15 pm - 1:45 pm | Gwersi Nofio Seren For / Starfish Swimming Lessons | swimming pool |
| 2:00 pm - 3:30 pm | Ar Gau / Pool Closed | 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 |