

# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 30/04/2024

Times for Thursday 18 April			
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 - 9:45 am	Splash a Sbrl	swimming pool	
10:00 am - 12:00 pm	Nofio Ysgolion / School Swimming	swimming pool	
12:15 pm - 1:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
1:30 pm - 2:30 pm	Nofio Lon / Lane Swim	swimming pool	
1:30 pm - 2:30 pm	Nofio i Bobl H_n / Silver Swim	swimming pool	
2:30 pm - 3:30 pm	Ar Gau / Pool Closed	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	