


# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 19/05/2024

Times for Friday 19 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 - 11:00 am	Nofio Ysgolion / School Swimming	swimming pool	
11:15 am - 12:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
12:30 pm - 1:15 pm	Hydroyoga	swimming pool	
1:15 pm - 2:00 pm	Open Swim	swimming pool	
2:00 pm - 3:30 pm	Nofio Ysgolion / School Swimming	swimming pool	
3:45 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
6:15 pm - 7:00 pm	Hwyl yn y D_r / Watermania	swimming pool	
7:30 pm - 8:30 pm	Clwb Dyffryn / Kayak Club	swimming pool	