

# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 02/05/2024

### Times for Monday 22 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
11:00 am - 1:00 pm	Open Swim	swimming pool
1:30 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 - 7:15 pm	Open Swim	swimming pool
6:45 pm - 7:45 pm	Gwersi i Oedolion / Adult Lessons	swimming pool
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool