## public swimming times Flash Leisure Centre

## Accurate as of 11/05/2024

Times for Monday 23 November		
Time	Session	Facility
6:30 am - 7:30 am	Nofio Ben Bore / Early Risers Swim	Pwll NofioSwimming Pool
7:30 am - 9:00 am	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool
9:00 am - 11:00 am	Nofio Ysgolion / School Swimming	Pwll NofioSwimming Pool
11:30 am - 12:45 pm	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool
4:00 pm - 6:00 pm	Ysgol Nofio / Swim School	Pwll NofioSwimming Pool
7:00 pm - 8:30 pm	Clwb Nofio / Swimming Club	Pwll NofioSwimming Pool