public swimming timesFlash Leisure Centre

Accurate as of 13/05/2024

| Times for Wednesday 2 December | | |
|--------------------------------|------------------------------------|-------------------------|
| 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 |
| 3:00 pm - 3:45 pm | Nofio i 50+ / 50+ 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 |