

# public swimming times

## Flash Leisure Centre

Accurate as of 16/10/2021

### Times for Monday 20 September



Time	Session	Facility
6:30 am - 7:30 am	nofio ben bore / early risers swim	swimming pool
7:30 am - 9:00 am	nofio lon / lane swim	swimming pool
9:30 am - 10:45 am	nofio ysgolion / school swimming	swimming pool
11:00 am - 12:30 pm	swim school	swimming pool
11:00 am - 12:45 pm	public swim (beach area closed)	swimming pool
1:00 pm - 3:00 pm	nofio ysgolion / school swimming	swimming pool
3:00 pm - 3:45 pm	nofio i 50+ / 50+ swim	swimming pool
4:00 pm - 6:00 pm	swim school	swimming pool
6:00 pm - 7:00 pm	nofio cyhoeddus / public swim	swimming pool
7:00 pm - 8:30 pm	clwb nofio / swimming club	swimming pool
8:30 pm - 9:30 pm	oedolion yn nofio / adult swim	swimming pool