## **public swimming times**Flash Leisure Centre

## Accurate as of 17/05/2024

| Times for Friday 15 October |                                    |                         |
|-----------------------------|------------------------------------|-------------------------|
| Time                        | Session                            | Facility                |
| 6:30 am - 7:30 am           | Nofio Ben Bore / Early Risers Swim | Pwll NofioSwimming Pool |
| 7:30 am - 8:30 am           | Nofio Lon / Lane Swim              | Pwll NofioSwimming Pool |
| 9:00 am - 11:00 am          | Nofio Ysgolion / School Swimming   | 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 |
| 6:00 pm - 7:00 pm           | Nofio Cyhoeddus / Public Swim      | Pwll NofioSwimming Pool |
| 7:00 pm - 8:30 pm           | Clwb Nofio / Swimming Club         | Pwll NofioSwimming Pool |