

public swimming times

Flash Leisure Centre

Accurate as of 03/05/2024

Times for Friday 15 October



| Time | Session | Facility |
|--------------------|------------------------------------|---------------------------|
| 6:30 am - 7:30 am | Nofio Ben Bore / Early Risers Swim | Pwll Nofio--Swimming Pool |
| 7:30 am - 8:30 am | Nofio Lon / Lane Swim | Pwll Nofio--Swimming Pool |
| 9:00 am - 11:00 am | Nofio Ysgolion / School Swimming | Pwll Nofio--Swimming Pool |
| 3:00 pm - 3:45 pm | Nofio i 50+ / 50+ Swim | Pwll Nofio--Swimming Pool |
| 4:00 pm - 6:00 pm | Ysgol Nofio / Swim School | Pwll Nofio--Swimming Pool |
| 6:00 pm - 7:00 pm | Nofio Cyhoeddus / Public Swim | Pwll Nofio--Swimming Pool |
| 7:00 pm - 8:30 pm | Clwb Nofio / Swimming Club | Pwll Nofio--Swimming Pool |