## public swimming times Flash Leisure Centre

## Accurate as of 05/05/2024

Times for Wednesday 20 October			<b>(</b> )
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	
6:00 pm - 7:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll NofioSwimming Pool	
7:00 pm - 8:30 pm	Clwb Nofio / Swimming Club	Pwll NofioSwimming Pool	
8:30 pm - 9:30 pm	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool	