


public swimming times

Flash Leisure Centre

Accurate as of 09/05/2025

Times for Monday 30 January			
Time	Session	Facility	
6:30 am - 7:30 am	Nofio Ben Bore / Early Risers Swim	Pwll Nofio--Swimming Pool	
7:30 am - 9:00 am	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool	
9:00 am - 11:00 am	Nofio Ysgolion / School Swimming	Pwll Nofio--Swimming Pool	
11:30 am - 12:45 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool	
1:00 pm - 3:00 pm	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	
8:30 pm - 9:30 pm	Nofio Lon / Lane Swim	Pwll Nofio--Swimming Pool	