public swimming timesFlash Leisure Centre

Accurate as of 12/05/2025

| Times for Thursday 30 March | | |
|-----------------------------|------------------------------------|-------------------------|
| 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 |
| 9:00 am - 11:00 am | Nofio Ysgolion / School Swimming | Pwll NofioSwimming Pool |
| 11:30 am - 12:45 pm | 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 | Nofio Cyhoeddus / Public Swim | Pwll NofioSwimming Pool |
| 8:00 pm - 9:00 pm | Nofio Lon / Lane Swim | Pwll NofioSwimming Pool |