public swimming timesFlash Leisure Centre

Accurate as of 12/05/2025

Times for Friday 31 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
1:00 pm - 3:00 pm	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