public swimming timesFlash Leisure Centre

Accurate as of 11/05/2025

Times for Tuesday 4 April			(1)
Time	Session	Facility	
6:30 am - 8:00 am	Nofio Ben Bore / Early Risers Swim	Pwll NofioSwimming Pool	
8:00 am - 9:00 am	Nofio hamddenol / Gentle swim	Pwll NofioSwimming Pool	
8:00 am - 9:00 am	Gwersi Dwys / Intensive Lessons	Pwll NofioSwimming Pool	
9:00 am - 10:00 am	Nofio i'r Teulu / Family Swim	Pwll NofioSwimming Pool	
10:00 am - 11:00 am	Nofio i'r Teulu / Family Swim	Pwll NofioSwimming Pool	
11:00 am - 12:30 pm	Ysgol Nofio / Swim School	Pwll NofioSwimming Pool	
11:30 am - 12:45 pm	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool	
12:00 pm - 1:00 pm	Nofio Cyhoeddus / Public Swim	Pwll NofioSwimming Pool	
1:00 pm - 2:00 pm	Hwyl yn y D_r / Watermania	Pwll NofioSwimming Pool	
1:30 pm - 2:00 pm	Hwyl yn y D_r / Watermania	Pwll NofioSwimming Pool	
4:00 pm - 6:30 pm	Ysgol Nofio / Swim School	Pwll NofioSwimming Pool	
6:00 pm - 8:00 pm	Nofio Cyhoeddus / Public Swim	Pwll NofioSwimming Pool	