## public swimming times Flash Leisure Centre

## Accurate as of 04/05/2024

Times for Thursday 25 April			<u>()</u>
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	
11:00 am - 12:30 pm	Ysgol Nofio / Swim School	Pwll NofioSwimming Pool	
11:30 am - 12:45 pm	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool	
11:30 am - 12:45 pm	Rhieni a Phlant Bach / Parent & Toddler	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 - 8:00 pm	Merched yn Unig / Ladies Only	Pwll NofioSwimming Pool	
8:00 pm - 9:00 pm	Nofio Lon / Lane Swim	Pwll NofioSwimming Pool	