



Junior Activity Timetable

Day	Time	Activity	Age
Monday	1545 - 1815	Swimming Lessons	3+
	1530 - 1630	Squash	8 - 11
	1630 - 1730	Squash	11+
	1545 - 1615	Dance	3 - 5
	1615 - 1700	Dance	6 - 10
	1700 - 1800	Football	5 - 7
	1800 - 1900	Football	8 - 11
Tuesday	1545 - 1815	Swimming Lessons	3+
	1545 - 1615	Cheerleading	3 - 6
	1615 - 1700	Cheerleading	7 - 10
	1600 - 1700	Parkour - Advanced	10+
Wednesday	1545 - 1815	Swimming Lessons	3+
	1530 - 1630	Squash	8 - 11
	1700 - 1800	Girls Football	4 - 11
Thursday	1545 - 1815	Swimming Lessons	3+
	1700 - 1800	Athletics	8 - 11
Friday	1030 - 1115	NEW**Water Babies	6 - 38mths
	1600 - 1645	Football	3 - 4
	1645 - 1745	Football	5 - 7
	1600 - 1700	Rookie Lifesaving	8+
	1600 - 1645	Parkour - Beginners	6+
	1645 - 1730	Parkour - Intermediate	8+
Saturday	1000 - 1100	Junior Gym	11 - 12
	0830 - 1100	Swimming Lessons	3+
	1430 - 1630	Roller Disco	5 - 16
Sunday	1015 - 1115	Swim Fit	8+
Mon - Fri	1515 - 1630	Junior Gym	11 - 12

16th April - 22nd July 2018

Parents are required to stay in the building children under the age of 8 and remain with their child if under 4 years.

Booking and Cancellation policy applies.

For a copy in large print, Braille, audio tape or an alternative language, please call (01437) 776613.

Pembrokeleisurecentre@pembrokeshire.gov.uk

Tel: 01437 776 660

www.pembrokeshire.gov.uk/leisure



Dosbarthiadau Iau

Diwlrnod	Amser	Dosbarth	Oedran
Dydd Llun	1545 - 1815	Gwersi Nofio	3+
	1530 - 1630	Sboncen	8 - 11
	1630 - 1730	Sboncen	11+
	1545 - 1615	Dawnsio	3 - 5
	1615 - 1700	Dawnsio	6 - 10
	1700 - 1800	Pêl Droed	5 - 7
	1800 - 1900	Pêl Droed	8 - 11
Dydd Mawrth	1545 - 1815	Gwersi Nofio	3+
	1545 - 1615	Codi Hwyl	3 - 6
	1615 - 1700	Codi Hwyl	7 - 10
	1600 - 1700	Parkour - Advanced	10+
Dydd Mercher	1545 - 1815	Gwersi Nofio	3+
	1530 - 1630	Sboncen	8 - 11
	1700 - 1800	Pêl Droed Merched	4 - 11
Dydd Iau	1545 - 1815	Gwersi Nofio	3+
	1700 - 1800	Athletau	8 - 11
Dydd Gwener	1030 - 1115	NEWYDD**Babanod Dŵr	3 - 36 mis
	1600 - 1645	Pêl Droed	3 - 4
	1645 - 1745	Pêl Droed	5 - 7
	1600 - 1700	Achub Bywyd	8+
	1600 - 1645	Parkour - Dechreuwyd	6+
	1645 - 1730	Parkour - Canolradd	8+
Dydd Sadwrn	1000 - 1100	Ystafell Ffitrwydd Iau	11 - 12
	0830 - 1100	Gwersi Nofio	3+
	1430 - 1630	Disgo Sglefrio	5 - 16
Dydd Sul	1015 - 1115	Swim Fit Iau	8+
Llun - Gwener	1515 - 1630	Ystafell Ffitrwydd Iau	11 - 12

16^{eg} Ebrill - 22^{ain} Gorffennaf 2018

Mae'n ofynnol i rieni aros yn yr adeilad ar gyfer plant o dan 8 oed ac aros gyda'u plentyn os ydyn nhw o dan 4 oed.

Mae'r polisi archebu a chanslo yn berthnasol.

I gael copi mewn print bras, Braille, tâp sain neu iaith arall, byddwch cystal â ffonio (01437) 776613.

Pembrokeleisurecentre@pembrokeshire.gov.uk

Ffôn: 01437 776 660

www.pembrokeshire.gov.uk/leisure