

Whitsun Half Term

May 27th – June 2nd 2019

*Junior Spin

Thursday May 30th 1730-1800

Group cycling session with a fun instructor! Bring the fun of cycling with friends outdoors in with our great coach by colour spin bikes children will just love.

*minimum height 145cm

PlayZone

Tuesday May 28th 1030-1230

Friday May 31st 1430-1630
0-9 years

A great way to spend a few hours having some indoor fun whatever the weather ☺

Athletics

Wednesday May 29th

Tots 1330-1415, Mini's 1415-1500,

Junior 1500-1545

One great session letting your little ones experience all the fun elements of athletics ☺

Fitness Club

11 & 12 year olds can come and use the fitness suite. Come on your own or with friends to keep yourself active and motivated.

*kickstart required

Tuesday May 28th 1000-1100

Thursday May 30th 1600-1730

Saturday June 1st 1030-1130

Tennis Mania

Thursday May 30th

Tots 1630-1700

& Mini's 1700-1745

It's that time of year again, come and enjoy the great sport of tennis with us ☺



Dragon Swim

Wednesday May 29th 1100-1200

Wave 4 Breaststroke Workshop

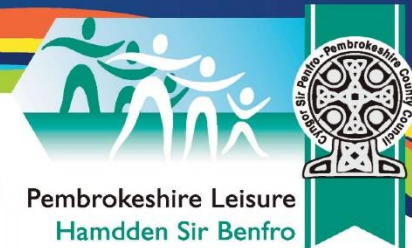
Booking Essential. Parents are required to stay in the building for children under the age of 8 and to remain with their child if under 4 years. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.

01437 775504

www.pembrokeshire.gov.uk/leisure

Fishguard

LEISURE CENTRE



Alison Coast
07792 490 723



**be
gorgeous!**
with
Slimming World

Tuesday's 09:30 Pater Hall, Lewis Street Pembroke Dock

Wednesdays: 17:30 & 19:30 Haverfordwest Community Learning Centre, off Dew street - behind the old library

Thursdays: 09:00 & 11:00 Haverfordwest Leisure Centre, St Thomas Green

Thursdays: 17:30 Christchurch Methodist Church, Priory Road Milford Haven

slimmingworld.co.uk



laterLife **physiofit**
training™ west wales

BOOK NOW...

**For your 65+
Functional Fitness Test**

We're here to help you maintain or improve your physical well-being with evidence based test results and advice

Receive your own personal test results with professional advice and guidance for only £30 or £20 with Physio-Plan membership

Contact our friendly team on 01646 693333 or email info@physiofitwestwales.co.uk



COASTERING KAYAK SURFING
TEL: 07789-937488
TEL: 07855-954702

MAN-UP
OVERCOME YOUR LIMITS!

Based at Abereddy beach, 5 miles from St Davids
Email: manupukevents@gmail.com
Call: 07855954702
Website: www.man-upuk.com

Now offering:

- Coasteering
- Kayaking
- Kit & Equipment Hire



£5.00 off per person with this voucher*

Use code **pcc2019** when booking online or bring this voucher with you when booking

*Terms and conditions apply

CANOLFAN HAMDDEN Abergwaun

Amserlen y Pwll Nofio
Hanner Tymor Y Sulgwyn
Mai 27 – Mehefin 2 2019



Dydd Llun Mai 27

0800 - 0900	Nofio Lôn
0800 - 1000	Nofio i Oedolion a Phlant
0900 - 1000	Nofio i Oedolion
1000 - 1400	Nofio Cyhoeddus

Dydd Mawrth

0700 - 0900	Nofio Lôn
0700 - 0900	Nofio i Oedolion a Phlant
0900 - 1000	Nofio Cyhoeddus
1000 - 1100	Gwersi Nofio Dwys i Blant
1150 - 1250	Acwa-ffit
1150 - 1250	Nofio i Oedolion a Phlant
1300 - 1500	Amser Sblash
1500 - 1700	Nofio i'r Teulu (Pwll nofio i ddysgwyr a phen bas y prif bwl yn unig)
1900 - 2000	Gwersi Nofio i Oedolion sy'n Gwella
2000 - 2100	Ffitrwydd Nofio i Oedolion Profiadol

Dydd Mercher

0700 - 0900	Nofio Lôn
0700 - 1000	Nofio i Oedolion a Phlant
0900 - 1000	Nofio i Oedolion
1000 - 1100	Gwersi Nofio Dwys i Blant
1100 - 1200	Nofio Draig-Am Ddim
1100 - 1200	Nofio i Oedolion a Phlant
1500 - 1600	Nofio i'r Teulu (Pwll nofio i ddysgwyr a phen bas y prif bwl yn unig)
1600 - 1700	Nofio Cyhoeddus
1730 - 1830	*Sesiwn Hwyl a Sbri gyda Theganau Gwynt
1900 - 2000	Nofio Lôn

Dydd Iau

0700 - 0900	Nofio Lôn
0700 - 1000	Nofio i Oedolion a Phlant
0900 - 1000	Acwa-ffit
1000 - 1100	Gwersi Nofio Dwys i Blant
1100 - 1300	Nofio Cyhoeddus
1300 - 1500	Amser Sblash
1500 - 1700	Nofio i'r Teulu (Pwll nofio i ddysgwyr a phen bas y prif bwl yn unig)
1915 - 2015	Gwersi Nofio Oedolion Dechreuwyd

Dydd Gwener

0700 - 0900	Nofio Lôn
0700 - 1000	Nofio i Oedolion a Phlant
0900 - 1000	Nofio i Oedolion
1000 - 1100	Gwersi Nofio Dwys i Blant
1100 - 1300	Nofio Cyhoeddus
1500 - 1700	Nofio i'r Teulu (Pwll nofio i ddysgwyr a phen bas y prif bwl yn unig)
1730 - 1830	*Sesiwn Hwyl a Sbri gyda Theganau Gwynt
2000 - 2100	Nofio Lôn

Dydd Sadwrn

0815 - 0930	Nofio Lôn
0815 - 0930	Nofio i Oedolion a Phlant
0930 - 1300	Nofio Cyhoeddus
1315 - 1415	Nofio i'r Teulu (Pwll nofio i ddysgwyr a phen bas y prif bwl yn unig)
1430 - 1530	Hurio Preifat
1545 - 1645	Amser Sblash

Dydd Sul

1100 - 1330	Nofio Cyhoeddus
1345 - 1445	Hurio Preifat

Nofio am ddim i blant ar ddydd Sadwrn rhwng 1315 a 1415 a £1.00 fesul Oedolyn sy'n nofio gyda phlentyn

Pwll Dysgwyr unig

AM DDIM nofio y plant 3-16 oed

Nofio i'r Teulu am £5 2 oedolion a 2 plant

*angen prawf cymhwysedd

Fersiwn 2

www.pembrokeshire.gov.uk/leisure



Whitsun Half Term Swimming Pool Timetable May 27th – June 2nd 2019

Bank Holiday Monday May 27th

0800 - 0900	Lane Swimming
0800 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1000 - 1400	Public Swimming

Tuesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swimming
0900 - 1000	Public Swimming
1000 - 1100	Children's Intensive Swimming Lessons
1150 - 1250	Aqua Fit
1150 - 1250	Adult & Child Swimming
1300 - 1500	Splashtime
1500 - 1700	Family Swim (Learner pool & shallow end of main pool only)
1900 - 2000	Adult Swimming Lessons for Improvers
2000 - 2100	Adult Swim Fit for advanced

Wednesday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1000 - 1100	Children's Intensive Swimming Lessons
1100 - 1200	Dragon Swim – FREE
1100 - 1200	Adult & Child Swimming
1500 - 1600	Family Swim (Learner pool & shallow end of main pool only)
1600 - 1700	Public Swimming
1730 - 1830	*Fun Inflatable Session
1900 - 2000	Lane Swimming

Free swimming for children Saturday 1315-1415 & £1.00 per Adult accompanying a child

Learner pool only

FREE swimming for all registered children 3-16 years

£5 Family Swim ticket, maximum of 2 adults and 2 children

*competency test required

Version 2

Thursday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Aqua Fit
1000 - 1100	Children's Intensive Swimming Lessons
1100 - 1300	Public Swimming
1300 - 1500	Splashtime
1500 - 1700	Family Swim (Learner pool & shallow end of main pool only)
1915 - 2015	Adult Swimming Lessons for Beginners

Friday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1000 - 1100	Children's Intensive Swimming Lessons
1100 - 1300	Public Swimming
1500 - 1700	Family Swim (Learner pool & shallow end of main pool only)
1730 - 1830	*Fun Inflatable Session
2000 - 2100	Lane Swimming

Saturday

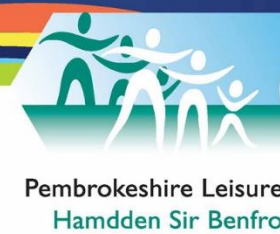
0815 - 0930	Lane Swimming
0815 - 0930	Adult & Child Swimming
0930 - 1300	Public Swimming
1315 - 1415	1. Family Swim (Learner pool & shallow end of main pool only)
1430 - 1530	Private Hire
1545 - 1645	Splashtime

Sunday

1100 - 1330	Public Swimming
1345 - 1445	Private Hire



CANOLFAN HAMDDEN Abergwaun



Hanner Tymor Y Sulgwyn

Mai 27 – Mehefin 2 2019

*Sbin I Blant

Dydd Iau Mai 30 1730-1800

Sesiwn beicio grŵp gyda hyfforddwr llawn hwyl. Dewch â'r hwyl o feicio yn yr awyr agored gyda ffrindiau dan do gyda'n hyfforddwr gwych a'n beiciau sbin lliwgar y bydd y plant yn dwlu arnynt.

*Mae'n rhaid bod yn 145cm o daldra o leiaf

Ardal Chwarae

Dydd Mawrth Mai 28 1030-1230

Dydd Gwener Mai 31 1430-1630
0-9 oed

Ffordd wych o dreulio ychydig o oriau yn cael hwyl dan do beth bynnag fo'r tywydd ☺

Athletau

Dydd Mercher Mai 29

Tots 1330-1415, Mini's 1415-1500,

Iau 1500-1545

Un sesiwn wych yn gadael l'ch rhai bach brofi holl elfennau hwyl Athletau ☺

Clwb Ffitrwydd

Gall plant 11 ac 12 oed ddod i ddefnyddio'r ystafell ffitrwydd. Dewch ar eich pen eich hun neu gyda ffrindiau er mwyn cadw'n heini ac yn llawn cymhelliand.

* Mae angen Kickstart

Dydd Mawrth Mai 28 1000-1100

Dydd Iau Mai 30 1600-1730

Dydd Sadwrn Mehefin 1 1030-1130

Tenis

Dydd Iau Mai 30

Tots 1630-1700

& Mini's 1700-1745

Yr adeg honno o'r flwyddyn eto, dewch I fwynhau'r gamp fawr o dennis gyda ni ☺



Nofio Draig

Dydd Mercher Mai 29 1100-1200

Ton 4 Gweithdy stroc frest

Rhaid archebu lle. Mae'n ofynnol i rieni aros yn yr adeilad ar gyfer plant dan 8 oed ac aros gyda'u plentyn os ydynt dan 4 oed. Am gopi mewn print bras, hawdd ei ddarllen, Braille, sain, neu iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437 764551.

01437 775504

www.pembrokeshire.gov.uk/leisure

CANOLFAN HAMDDEN Abergwaun



**be
gorgeous!**
with
Slimming World

Alison Coast
07792 490 723

Dydd Mawrth: 09:30 Peter Hall, Lewis Street, Dock Penfro

Dydd Mercher: 17:30 & 19:30 Canolfan Dysgu Cymunedol
Hwlfordd, oddi ar Dew Street- tu ôl i'r hen lyfrgell.

Dydd Iau: 09:00 & 11:00 Canolfan Hamdden Hwlfordd, St Thomas
Green

Dydd Iau: 17:30 Eglwys Fethodistaidd Christ Church, Ffordd
Priordy, Aberdaugleddau

slimmingworld.co.uk



laterLife physiofit
training™ west wales

**ARCHEBWCH
NAWR...**

ar gyfer eich Prawf
Ffitrwydd Gweithredol 65+

Rydym ni yma i'ch helpu i gynnal neu wella eich iechyd
corfforol gan ddefnyddio cyngor a chanlyniadau profion
sy'n seiliedig ar dystiolaeth

Am ddim ond £30, neu £20 gydag aelodaeth Physio-Plan,
cewch dderbyn canlyniadau prawf personol ynghyd â
chyngor ac arweiniad proffesiynol.

Cysylltwch â'n tîm cyfeillgar ar 01646 693333
neu e-bostiwch info@physiofitwestwales.co.uk



Wedi'i leoli ar draeth Abereiddi, 5 milltir o Dyddewi
E-bost: manupukevents@gmail.com
Ffôn: 07855954702
Gwefan: www.man-upuk.com

Bellach yn cynnig:

- Arfordira
- Caiacio
- Llogi Cit ac Offer



£5.00 i ffwrdd efo'r daleb hon*

Defnyddiwch y cod **pcc2019** pan fyddwch chi'n
archebu ar-lein. Neu dewch â'r daleb hon efo chi
pan fyddwch chi'n archebu

*Telerau ac Amodau'n berthnasol