

Whitsun Activities

28.05.19-02.06.19



Dragon Swim



Wednesday 29th May

1100-1200

If you are in Wave 4 or above why not come and meet Milford Tigers Swimming Club? Have a try at some of the skills you can learn at swimming club!

Intensive Swimming Lessons

28.05.19-31.05.19 0900-1100

Intensive lessons are the perfect way to top up

your swimming skills and give an extra push to help develop your swimming strokes.



Cook It

Tuesday 28th May

Tots 3-5 years & Minis 6-8 years 0930-1030

Make some tasty treats for to take home and enjoy!



Balanceability

Wednesday 29th May

Tiddlers 2 1/2-3 years 1530-1615

Tots 4-7 years 1630-1715

A fun session for your little ones to learn all there is to know about riding a bike.



Bouncy Castle & Soft Play

Tuesday 28th & Thursday 30th May



Tiddlers 0-3 years & Tots 4-5 years 1430-1600

Let your little ones bounce and play, a lovely afternoon out whatever the weather!



Multi-Sport Madness



Thursday 30th May

Tots 3-5 years & Minis 6-8 years 1000-1055

Try a range of sports including football, netball, badminton and more! Burn off some energy and improve your sports skills.

Arts & Crafts

Friday 31st May

Tots 3-5 years & Minis 6-8 years 0930-1030

Come and create with us! We clear up the mess so you don't have to!



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 775959

www.pembrokeshire.gov.uk/leisure

Whitsun Swimming Pool Timetable

27.05.19-02.06.19

Monday

Bank Holiday – Closed

Tuesday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1855	Public Swimming
1300-1500	**Free Swimming**
1500-1700	*£5 Family Swim*
1900-2000	AquaFit

Wednesday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1215-1315	Floats and Fun
1330-1800	Public Swimming
1500-1700	*£5 Family Swim*
2000-2100	Lane Swimming
2100-2155	Adult Swimming

Thursday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1855	Public Swimming
1300-1500	**Free Swimming**
1500-1700	*£5 Family Swim*
2000-2100	Lane Swimming
2100-2155	Adult Swimming

Friday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1115-1215	Floats and Fun
1300-1700	Public Swimming
1500-1700	*£5 Family Swim*
1700-1830	Lane Swimming
2030-2200	Adult Swimming

Saturday

0800-0855	Adult Swimming
0900-1345	Public Swimming
1100-1200	***Family Swimming***
1400-1555	Private Hire/Pool Parties

Sunday

0800-0855	Adult Swimming
0900-1245	Public Swimming
1300-1355	Floats and Fun
1400-1555	Private Hire/Pool Parties

Please note the centre will be closed 27.05.19
Please check in house or on our website for pool closures.
For a copy in large print, easy-read, Braille, audio, or an
alternative language, please contact 01437 764551.

Free Swimming Provision

£5 Family Swim
Max 2 adults and 2 children

****Free Swimming****
Free swimming for children aged 16
and under.

*****Family Swimming*****
£1.00 per adult accompanying a
child.
Free swimming for children aged 16
and under.
Refer to admission policy

Telephone: 01437 775959

Milford Haven

LEISURE CENTRE



Alison Coast
07792 490 723



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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



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*Terms and conditions apply

CANOLFAN HAMDDEN

Aberdaugleddau



Gweithgareddau'r Sulgwyn 28.05.19-02.06.19



Nofio'r Ddraig



Dydd Mercher 29 Mai

1100-1200

Os ydych chi yn Ton 4 neu'n uwch, beth am ddod i gwrdd â Chlwb Nofio Teigrod Aberdaugleddau? Rhowch gynnig ar rai o'r sgiliau y gallwch eu dysgu mewn clwb nofio!

Gwersi Nofio Dwys

28.05.19-31.05.19 0900-1100

Mae gwersi dwys yn ffordd berffaith o ychwanegu



at eich sgiliau nofio a rhoi hwb ychwanegol i'ch helpu i ddatblygu eich strociau nofio.

Goginio Gwych

Dydd Mawrth 28 Mai

Y Plantos 3-5 oed & Y Minis
6-8 oed 0930-1030

Gwnewch drîts blasus a mynd â nhw adref i'w mwynhau!



Balanceability

Dydd Mercher 29 Mai

Y Pethau Bach 2 1/2-3 oed 1530-1615
Y Plantos 4-7 oed 1630-1715



Sesiwn hwyliog i'ch plant bach ddysgu popeth sydd i'w wybod am reidio beic

Castell Bownsio a Chwarae Meddal

Dydd Mawrth 28 & Dydd Iau 30 Mai



Y Pethau Bach 0-3 oed & Y Plantos 4-5 oed
Gadewch i'ch plant fownsio a chwarae. Mae'n brynhawn braf beth bynnag yw'r tywydd!

Gwallgofrwydd Amlchwaraeon

Dydd Iau 30 Mai

Y Plantos 3-5 oed & Y Minis 6-8 oed 1000-1055

Rhowch gynnig ar amrywiaeth o chwaraeon, gan gynnwys pêl-droed, pêl-rwyd, badminton a rhagor!



Celf a Chrefft

Dydd Gwener 31 Mai

Y Plantos 3-5 oed & Y Minis 6-8 oed
0930-1030



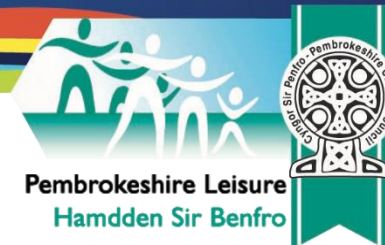
Dewch i greu crefftau gyda ni! Ni fydd yn rhaid i chi glirio'r llanast gan y byddwn ni yn gwneud hynny!

Rhaid cadw lle. Mae angen i rieni aros yn yr adeilad ar gyfer plant dan 8 oed ac aros gyda'u plentyn os ydyn nhw o dan 4 oed. Am gopi mewn print bras, Braille, tâp sain neu iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437 764551.

01437 775959

www.sir-benfro.gov.uk/hamdden

CANOLFAN HAMDDEN Aberdaugleddau



Amserlen Pwll Sulgwyn
27.05.19-02.06.19

Dydd Llun

Gwyliau Banc – Ar Gau

Dydd Mawrth

0645-0855	Nofio i'r Cyhoedd
0900-1100	Gwersi Nofio Dwys
1100-1855	Nofio i'r Cyhoedd
1300-1500	**Nofio am Ddim**
1500-1700	*Nofio i'r Teulu am £5*
1900-2000	Acwa Ffit

Dydd Mercher

0645-0855	Nofio i'r Cyhoedd
0900-1100	Gwersi Nofio Dwys
1100-1200	Nofio'r Ddraig
1215-1315	Hywl ac Arnofio
1330-1800	Nofio i'r Cyhoedd
1500-1700	*Nofio i'r Teulu am £5*
2000-2100	Nofio Mewn Lonydd
2100-2155	Nofio i Oedolion

Dydd Iau

0645-0855	Nofio i'r Cyhoedd
0900-1100	Gwersi Nofio Dwys
1100-1855	Nofio i'r Cyhoedd
1300-1500	**Nofio am Ddim**
1500-1700	*Nofio i'r Teulu am £5*
2000-2100	Nofio Mewn Lonydd
2100-2155	Nofio i Oedolion

Dydd Gwener

0645-0855	Nofio i'r Cyhoedd
0900-1100	Gwersi Nofio Dwys
1115-1215	Hwyl ac Arnofio
1300-1700	Nofio i'r Cyhoedd
1500-1700	*Nofio i'r Teulu am £5*
1700-1830	Nofio Mewn Lonydd
2030-2200	Nofio i Oedolion

Dydd Sadwrn

0800-0855	Nofio i Oedolion
0900-1345	Nofio i'r Cyhoedd
1100-1200	***Nofio i'r Teulu***
1400-1555	Hurio Preifat/Partion

Dydd Sul

0800-0855	Nofio i Oedolion
0900-1245	Nofio i'r Cyhoedd
1300-1355	Hwyl ac Arnofio
1400-1555	Hurio Preifat/Partion

Darpariaeth Nofio Am Ddim

Nofio i'r Teulu am £5

Max 2 adults and 2 children

****Nofio am Ddim****

Nofio am ddim i blant 16 oed ac iau

*****Nofio i'r Teulu*****

£1.00 i oedolyn sy'n dod yn gwmni i blentyn.

Nofio am ddim i blant 16 oed ac iau.

Mynnwch olwg ar y polisi derbyn

Nodwch bydd y ganolfan ar gau 27.05.19
Sicrhewch eich bod yn holi'n fewnol neu'n troi at y
wefan ynghylch cau'r pwll.

I gael copi mewn print bras, Braille, tap sain neu
iath arall, byddwch cystal a ffonio (01437) 764551.

Ffon: 01437 775959

CANOLFAN HAMDDEN Aberdaugleddau



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

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

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

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Ffôn: 07855954702
Gwefan: www.man-upuk.com

Bellach yn cynnig:

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- Caiacio
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*Telerau ac Amodau'n berthnasol