

# 16

NEU IAU?

# Nofio Am Ddim

i bawb sy'n 16 oed ac iau

[www.nofio-am-ddim.org.uk](http://www.nofio-am-ddim.org.uk)



## Gwyliau'r Haf



Dydd Sadwrn 22 Gorffennaf – Dydd Sul 4 Medi

**Byd Dwr**

01978 297300

**Gwyn Evans**

01978 269540

**Y Waun**

01691 778666

Dydd Llun - Dydd Gwener  
2pm – 3pm

Dydd Iau  
2pm – 3pm

Dydd Llun <sup>\*heblaw Gwyl y Banc</sup>  
4pm – 5pm

Dydd Sadwrn  
3:30pm – 4:30pm

Dydd Sul  
10am – 11am

Dydd Sul  
2pm – 3pm

## Gweithgareddau Nofion am Ddim Hwyliau'r Haf o dan 16 oed Dydd Sadwrn 22 Gorffennaf – Dydd Sul 4 Medi

### Canolfan Hamdden a Gweithgaredd y Waun 01691 77866

Cyflwyniad i Wersi Nofio – Cwrs tridiau yn dechrau bob dydd Mercher trwy wyliau'r haf

9.00am – 9.30am 4 – 6 oed  
9.30am – 10.00am 7 – 8 oed

Acwa Dwr i Blant Iau  
Dydd Mercher 11am – 12pm

Synchro  
Dydd Iau 11am – 12pm

**Byd Dwr 01978 297300**

Cyflwyniad i Wersi Nofio – Cwrs 5 diwrnod yn dechrau bob dydd Llun (heblaw Gwyl y Banc – cwrs 4 diwrnod) trwy Wyliau'r Haf

9.00am – 9.30am 4 & 5 oed  
9.30am – 10.00am 6 & 7 oed

**Stadiwm Queensway 01978 355826**

Campfa Plant Iau 11 – 15 oed  
Dydd Iau 4pm – 5pm

### Canolfan Hamdden a Gweithgaredd Gwyn Evans – 01978 269540

Cyflwyniad i Wersi Nofio – Cwrs 5 diwrnod yn dechrau bob dydd Llun (heblaw Gwyl y Banc cwrs 4 diwrnod) trwy Wyliau'r Haf 4 – 5 oed

9.00am – 9.30am  
10.00am – 10.30am

6 – 7 oed  
9.30am – 10.00am  
10.30am – 11.00am

Cyflwyniad i Wersi Nofio – Merched yn Unig – Cwrs 5 diwrnod yn dechrau bob dydd Llun trwy wyliau'r Haf (heblaw Gwyl y Banc).  
11am – 11.30am

Erobig Dwr Plant Iau  
Dydd Mercher 2.15pm – 3pm

Campfa Plant Iau 11 – 15 oed  
Dydd Sul 11am – 12pm  
Dydd Llun 4pm – 5pm

Mae pob un o'r gweithgareddau uchod **AM DDIM** i blant dan 16 oed gyda Cherdyn Hamdden dilys. Ffoniwch eich Canolfan Hamdden a Gweithgareddau Leol i gael rhagor o fanylion a chadw eich lle.

# 16

OR UNDER?

# Free Swimming

for all 16s and under

[www.free-swimming-wales.org.uk](http://www.free-swimming-wales.org.uk)



## Summer Holidays

Saturday 22<sup>nd</sup> July – Sunday 4<sup>th</sup> September 2017



### Waterworld

01978 297300

Monday - Friday  
2pm – 3pm

Saturday's  
3:30pm – 4:30pm

### Gwyn Evans

01978 269540

Thursday's  
2pm – 3pm

Sunday's  
10am – 11am

### Chirk

01691 778666

Monday's \*except bank holiday  
4pm – 5pm

Sunday's  
2pm – 3pm

## Free Swim Activities Under 16's Summer Holidays Saturday 22<sup>nd</sup> July – Sunday 4<sup>th</sup> September

### Chirk Leisure & Activity Centre 01691 77866

**Introduction to Swimming Lessons** - 3 day course starts every **Wednesday** through out the Summer Holidays  
9.00am – 9.30am 4 - 6 years old  
9.30am – 10.00am 7 – 8 years old

**Junior Aqua Aerobics**  
Wednesday's 11am – 12pm

**Synchro**  
Thursday's 11am – 12pm

### Waterworld 01978 297300

**Introduction to Swimming Lessons** - 5 day course starts every **Monday** (Except Bank Holiday – 4 day course) through out the Summer Holidays  
9.00am – 9.30am Ages 4 & 5  
9.30am – 10.00am Ages 6 & 7

### Queensway stadium 01978 355826

**Junior Gym** Ages 11 - 15 years  
Thursday's 4pm – 5pm

### Gwyn Evans Leisure & Activity Centre – 01978 269540

**Introduction to Swimming Lessons** - 5 day course starts every **Monday** (Except Bank Holiday 4 day course) through out the Summer Holidays.  
4 – 5 years old  
9.00am – 9.30am  
10.00am – 10.30am

6 – 7 years old  
9.30am – 10.00am  
10.30am – 11.00am

**Introduction to Swimming Lessons Girls Only** - 5 day course starts every **Monday** (Except Bank Holiday 4 day course) through out the Summer Holidays.  
11am – 11.30am

**Junior Aqua Aerobics**  
Wednesday's 2.15pm – 3pm

**Junior Gym** Ages 11 – 15 years  
Sunday 11am – 12pm  
Monday 4pm – 5pm

All of the above activities are **FREE** for under 16's with a valid Leisure Card.  
Please call your Local Leisure & Activity Centre for more details and to book your space