



	Monday	Tuesday	Wednesday	Thursday	Friday
23/7/18 to 27/7/18	Booking for sessions is essential. Centre staff have the right to cancel any session if numbers are too low.		Climbing Wall 10am-11am & 11am-12pm 5yrs + £3	World Cup Camp 10am-12pm 6yrs + £5	Multi Skills Activity Day 8.30am-4.30pm 6yrs + £15
30/7/18 to 3/8/18	Junior Triathlon—1.30pm 200m / 3km / 1.5km 7yrs + £5	Sgilliau www.sgilliau.co.uk 	Cycling Skills 10am-12pm 6yrs+ £5	Cycling Longwood Trip 10am-12pm 6yrs + £5	Bouncy Castle 10-12pm £3 Urdd Activity 1-3pm £5 Roller Disco 3-4pm £3
6/8/18 to 10/8/18	Multi Skills Activity Day 8.30am-4.30pm 6yrs + £15	ACM Entertainments Bouncy Castle Fun day 11am-1pm & 2pm-4pm	Bouncy Castle 10-12pm £3 Urdd Activity 1-3pm £5 Roller Disco 3-4pm £3	Golf 10am-12pm 6yrs+ £5	Golf @ Cilgwyn 10am-12pm 6yrs+ £5
13/8/18 to 17/8/18	Tennis Camp 10am-12pm 6yrs+ £5	Sgilliau www.sgilliau.co.uk 	Fencing 2pm-4pm 6yrs+ £5	Bouncy Castle 10-12pm Roller Disco 2-4pm £3 each	Boogie Bounce 10-10.30am & 11-11.30am 6yrs+ £2
20/8/18 to 24/8/18	Olympics Day 10am-3pm 6yrs+ £10	Archery 10am-12pm 8yrs+ £5	Soccer Camp 10am-12pm 6yrs+ £5	Multi Skills Activity Day 8.30am-4.30pm 6yrs + £15	Bouncy Castle 10-12pm Roller Disco 2-4pm £3 each



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The leisure centre will be closed on bank holiday Monday (27th Aug) and on Wednesday 29th & Thursday 30th August for essential maintenance work.

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
23/7/18 to 27/7/18	Rhaid bwcio lle. Bydd hawl gan staff y ganolfan i ohirio unrhyw sesiwn os fydd y niferoedd rhy fach.		Wal Ddringo 10yb-11yb & 11yb-12yp 5oed + £3	Pel Droed Cwpan y Byd 10yb-12yp 6yrs + £5	Diwrnod Aml Gampau 8.30yb-4.30yp 6yrs + £15
30/7/18 to 3/8/18	Triathlon Iau—1.30yp 200m / 3km / 1.5km 7yrs + £5	Sgilliau www.sgilliau.co.uk 	Sgilliau Beicio 10yb-12yp 6yrs+ £5	Taith Beicio Longwood 10yb-12yp 6yrs + £5	Castell Neidio 10-12yp £3 Sesiwn Urdd 1-3yp £5 Disgo Rhowl 3-4yp £3
6/8/18 to 10/8/18	Diwrnod Aml Gampau 8.30yb-4.30yp 6yrs + £15	ACM Entertainments Diwrnod Hwyl 11yb-1yp & 2yp-4yp	Castell Neidio 10-12yp £3 Gweithgaredd Urdd 1-3yp £5 Disgo Rhowl 3-4yp £3	Golf 10yb-12yp 6yrs+ £5	Golf @ Cilgwyn 10yb-12yp 6yrs+ £5
13/8/18 to 17/8/18	Gwersyll Tennis 10yb-12yp 6yrs+ £5	Sgilliau www.sgilliau.co.uk 	Cleddyfa 2yp-4yp 6yrs+ £5	Castell Neidio 10-12yp Disgo Rhowl 2-4yp £3 yr un	Boogie Bounce 10-10.30yb & 11-11.30yb 6yrs+ £2
20/8/18 to 24/8/18	Diwrnod Olympaidd 10yb-3yp 6yrs+ £10	Saethyddiaeth 10yb-12yp 8yrs+ £5	Gwersyll Pel-Droed 10yb-12yp 6yrs+ £5	Diwrnod Aml Gampau 8.30yb-4.30yp 6yrs + £15	Castell Neidio 10-12yp Disgo Rhowl 2-4yp £3 yr un



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Bydd y ganolfan hamdden ar gau ar ddydd Llun gwyl y banc (27ain) dydd Mercher (29ain) a dydd Iau (30ain) o Awst er mwyn gwenuid gwaith cynnal a chadw angenrheidiol.

Monday	Tuesday	Wednesday	Thursday	Friday
7am-8.30am – Early Bird	7am-8.30am – Early Bird	9am-11.30am – Lessons	7am-8.30am – Early Bird	9am-11.30am –Lessons
9am-11.30am –Lessons	9am-11.30am –Lessons	11.30am – 12.30pm –Canolfan Steffan	9am-11.30am –Lessons	11.30am – 12.30pm – Aqua
11.30am – 12.30pm – 50+ Swim	11.30am-12.30pm – Parent & Toddler	12.30pm-1.30pm – General Public	11.30am-12.30pm –50+ Swim	Aerobics
12.30pm-1.30pm – General Public	12.30pm-1.30pm – General Public	1.30pm-2.30pm –*Structured Free Swim*	12.30pm-1.30pm – General Public	12.30pm-1.30pm – General Public
2pm – 3.30pm – Splash	2pm – 3.30pm – Inflatable Fun	2.30pm – 4pm – Splash	2pm – 3.30pm – Inflatable Fun	2pm – 3.30pm – Splash
4pm – 5pm - Family Swim	4pm – 5pm – Family Swim	4pm – 5pm - Family Swim	4pm – 5pm – Family Swim	4pm – 5pm - Family Swim
5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public
6.30pm-7.30pm – Lane Swim	6.30pm – 7.30pm – Lane Swim	6.30pm-7.30pm – Lane Swim	6.30pm – 7.30pm – Lane Swim	

Swim Lessons Weekly Timetable

9am-9.30am – 1-1 Lessons (4 spaces)
 9.30am-10am – 1-1 Lessons (4 spaces)
 10am-10.30am - 1-1 Lessons (4 spaces)
 10.30am-11am – Beginners crash course (Stage 1&2)
 11am-11.30am – Improvers crash course (stages 3-6)
 1-1 lessons – 5 x 30min sessions = £40
 Crash course – 5 x 30min sessions = £25

Payment must be made when booking

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Structured Free Swim Sessions

Kayaking – Wednesday 1st August
 Water Polo – Wednesday 8th August
 Kayaking – Wednesday 15th August
 Water Polo – Wednesday 22nd August
 Kayaking – Wednesday 29th August



Saturday & Sunday Opening Hours

9am–10am - Early Bird (Lanes)
 10am–11.30am - Family Swim
 11.30am-12.30am - General Public

Free Swim (Under 16's)

Every Wednesday 'Splash' session
 2.30pm-4pm

The swimming Pool will be closed on bank holiday Monday (27th Aug).



Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
7yb-8.30yb – Nofio Cynnar (Lon)	7am-8.30am – Nofio Cynnar (Lon)	9am-11.30am – Gwersi Nofio	7am-8.30am – Nofio Cynnar (Lon)	9am-11.30am –Gwersi Nofio
9yb-11.30yb –Gwersi Nofio	9am-11.30am – Gwersi Nofio	11.30am – 12.30pm –Canolfan Steffan	9am-11.30am – Gwersi Nofio	11.30am – 12.30pm – Aerobeg Dwr
11.30ayb – 12.30yp – Nofio 50+	11.30am-12.30pm – Rhiant a Phlentyn	12.30pm-1.30pm –Nofio Cyhoeddus	11.30am-12.30pm – Nofio 50+	12.30pm-1.30pm – Nofio Cyhoeddus
12.30yp-1.30yp – Nofio Cyhoeddus	12.30pm-1.30pm –Nofio Cyhoeddus	1.30pm-2.30pm –*Gweithgaredd Nofio am Ddim*	12.30pm-1.30pm–Nofio Cyhoeddus	2pm – 3.30pm – Sblash
2yp – 3.30yp – Sblash	2pm – 3.30pm – Hwyl Tegannau Aer	2.30pm – 4pm – Sblash	2pm – 3.30pm –Hwyl Tegannau Aer	2pm – 3.30pm – Nofio Teuluol
4yp – 5yp - Nofio Teuluol	4pm – 5pm – Nofio Teuluol	4pm – 5pm - Nofio Teuluol	4pm – 5pm – Nofio Teuluol	4pm – 5pm - Nofio Teuluol
5.30yh – 6.30yh – Nofio Cyhoeddus	5.30pm – 6.30pm–Nofio Cyhoeddus	5.30pm – 6.30pm – Nofio Cyhoeddus	5.30pm – 6.30pm – Nofio Cyhoeddus	5.30pm – 6.30pm – Nofio Cyhoeddus
6.30yh-7.30yh – Nofio Lon	6.30pm – 7.30pm – Nofio Lon	6.30pm-7.30pm – Nofio Lon	6.30pm – 7.30pm – Nofio Lon	

Amserlen Wythnosol Gwersi Nofio

9yb-9.30yb – Gwersi 1-1 (4 lle)
 9.30yb-10yb – Gwersi 1-1 (4 lle)
 10yb-10.30yb - Gwersi 1-1 (4 lle)
 10.30yb-11yb – Cwrs dwys – Dechreuwywr (Cam1a2)
 11yb-11.30yb – Cwrs Dwys – Datblygwyr (Camau 3-6)
 Gwersi 1-1 – 5 sesiwn x 30munud = £40
 Crash course – 5 sesiwn x 30munud = £25

Rhaid talu wrth archebu lle.

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Gweithgaredd Nofio am Ddim

Canwio – Dydd Mercher 1^{af} Awst
 Polo Dwr – Dydd Mercher 8^{fed} Awst
 Canwio – Dydd Mercher 15^{fed} Awst
 Polo Dwr – Dydd Mercher 22^{ain} Awst
 Canwio – Dydd Mercher 29^{ain} Awst



Oriau Agor Dydd Sadwrn a Sul

9yb–10yb - Nofio Cynnar (Lon)
 10yb–11.30yb - Nofio Teuluol
 11.30yb-12.30yp - Nofio Cyhoeddus

Nofio am Ddim (Dan 16)

Sesiwn 'Sblash' bob Dydd Mercher
 2.30yp-4yp

Bydd y pwll nofio ar gau ddydd Llun gwyl y banc 27ain Awst.

