

Pembrokeshire Leisure Carers Passport to Leisure



**Do you
look after
someone?**

Are you an unpaid carer?

Do you look after someone aged 18+? Are you an unpaid Carer? Would you like to be able to take some time out to have a swim, take an exercise class, go to the gym, or just relax and have a coffee? ***If so, why not join us at your local leisure centre.***

Haverfordwest Leisure Centre	Tuesday	9.30am – 11.30am	Fitness Suite	9.30am - 11.30am
			Swimming Pool (2m only)	9.30am - 11.30am
			Body Pump	9.30am - 10.30am
			Boxfit	10.30am - 11.30am
			Spinning	10.00am - 11.00am
Milford Haven Leisure Centre	Thursday	11am – 1pm	Gentle Keep Fit	11.00am - 12.00pm
			Badminton	11.00am - 12.00pm
			Swimming	12.00pm - 1.00pm
			Fitness Suite	11.00am - 1.00pm
Fishguard Leisure Centre	Monday	7pm-9pm	Fitness Suite	7.00pm - 9.00pm
			Public Swimming	7:15pm - 8.00pm
			Cycle Fit Spin	7:15pm - 8:15pm
			Lane Swimming	8.00pm - 9.00pm
	Tuesday	2:30pm-4:30pm	Pilates	2:30pm - 3:30pm
			Fitness Suite	2:30pm - 4:30pm
Tenby Leisure Centre	Friday	12pm-2pm	Fitness Suite	12.00pm - 2.00pm
			Public Swimming	12.00pm - 1.00pm
			My Ride (Indoor Cycling)	12.15pm - 12.45pm
Pembroke Leisure Centre	Tuesday	6pm-8pm	Fitness Suite	6.00pm - 8.00pm
			Body Pump	6.35pm - 7.35pm
			HIIT & Core	6.45pm - 7.45pm
			Spin	7.00pm - 8.00pm
			Adult Improvers/Coaching (Pool)	6.15pm - 7.15pm
			Lane Swimming	7.15pm - 8.00pm

From 6 February until 9 April 2018 only, we are able to offer supported activities for the person for whom you care at the Leisure Centre. The activities will be organised by leisure centre staff, but there will also be support from Hafal Crossroads for the person for whom you care, so you can relax or workout knowing that your loved ones are also having fun in a safe environment.

All that we ask is that you, the carer have a **'Passport to Leisure'** membership which costs £10 per month or £100 for the year. However, we do have a limited number of **FREE 'Passport to Leisure'** memberships to offer carers, on a first come basis, who wish to take advantage of this activity programme for Carers.

Places are limited and bookable in advance, so call your leisure centre now to make a reservation for you and your loved one.

Carers must have the Carers Recognition Card to be eligible for the Passport to leisure.

For more information on how to get yours, contact Pembrokeshire Carers Information & Support Service on 01437 611002 or pciss@crossroadsmww.org.uk

Pasbort Gofalwyr i Hamdden



Ydych chi'n edrych ar ôl rhywun?

Ydych chi'n Ofalwr?

Ydych chi'n gofalu am rywun 18+ oed? Ydych chi'n Ofalwr di-dâl? Hoffech chi gael amser i fynd i nofio, mynd i ddosbarth ffitrwydd, mynd i'r gampfa, neu ymlacio a chael paned?

Os felly, beth am ymuno â ni yn eich canolfan hamdden leol.

Canolfan Hamdden Hwlfordd	Dydd Mawrth 9.30am-11.30am	Ystafell Ffitrwydd	9.30am - 11.30am
		Pwll Nofio (2m yn unig)	9.30am - 11.30am
		Pwmpio'r Corff	9.30am - 10.30am
		Ffitrwydd bocsi	10.30am - 11.30am
		Sbinio	10.00am - 11.00am
Canolfan Hamdden Aberdaugleddau	Dydd Iau 11am - 1pm	Cadw'n Heini'n Hamddenol	11.00am - 12.00pm
		Badminton	11.00am - 12.00pm
		Nofio	12.00pm - 1.00pm
		Ystafell Ffitrwydd	11.00am - 1.00pm
Canolfan Hamdden Abergwaun	Dydd Llun 7pm-9pm	Ystafell Ffitrwydd	7.00pm - 9.00pm
		Nofio i'r Cyhoedd	7.15pm - 8.00pm
		Ffitrwydd Beiciau Sbinio	7.15pm - 8.15pm
		Nofio mewn Lonydd	8.00pm - 9.00pm
	Dydd Mawrth 2:30pm-4:30pm	Pilates	2:30pm - 3:30pm
		Ystafell Ffitrwydd	2:30pm - 4:30pm
Canolfan Hamdden Dinbych-y-pysgod	Dydd Gwener 12pm-2pm	Ystafell Ffitrwydd	12.00pm - 2.00pm
		Nofio i'r Cyhoedd	12.00pm - 1.00pm
		Fy Meic (Seiclo dan do)	12.15pm - 12.45pm
Canolfan Hamdden Penfro	Dydd Mawrth 6pm-8pm	Ystafell Ffitrwydd	6.00pm - 8.00pm
		Pwmpio'r Corff	6.35pm - 7.35pm
		HIIT a Chraidd y Corff	6.45pm - 7.45pm
		Spin	7.00pm - 8.00pm
		Oedolion Canolradd/Hyfforddi (Pwll)	6.15pm - 7.15pm
		Nofio mewn Lonydd	7.15pm - 8.00pm

O 6 Chwefror tan 9 Ebrill 2018 yn unig, gallwn gynnig gweithgareddau wedi'u cynnal ar gyfer y person yr ydych chi'n gofalu amdany'n nhw yn y Ganolfan Hamdden. Bydd y gweithgareddau'n cael eu trefnu gan staff y ganolfan hamdden, ond bydd hefyd cymorth gan Croesffyrdd Hafal i'r person yr ydych chi'n gofalu amdano, fel y gallwch chi ymlacio neu wneud ymarfer corff gan wybod bod eich anwylyd hefyd yn cael hwyl mewn amgylchfyd diogel.

Y cyfan yr ydym yn ei ofyn yw bod gennych chi'r gofalwr aelodaeth **'Pasbort i Hamdden'** sy'n costio £10 y mis neu £100 am y flwyddyn. Serch hynny, mae gennym nifer cyfyngedig o aelodaeth **'Pasbort i Hamdden'** i'w cynnig **AM DDIM** i ofalwyr sy'n dymuno cymryd mantais o'r rhaglen weithgareddau yma, ar sail cyntaf i'r felin.

Mae lleoedd yn gyfyngedig a gellir eu harchebu o flaen llaw, felly ffoniwch eich canolfan hamdden nawr i gadw lle i chi a'ch anwylyd.

Rhaid i ofalwyr fod â Cherdyn Adnabod Gofalwyr i fod yn gymwys ar gyfer y Pasbort i Hamdden.

Am ragor o wybodaeth ar sut i gael eich un chi, cysylltwch â Gwasanaeth Cymorth a Gwybodaeth Gofalwyr Sir Benfro ar 01437 611002 neu pciss@crossroadsmwww.org.uk