Haverfordwest
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Easter Holidays

13th April – 28th April



FREE

Dragon Swim

Tuesday : Wave 5/6/7 Top-Up Lesson

Intensive Swimming Lessons	
Splash	0830-0900
Wave 1	0905-0935
Wave 2	0940-1010
Wave 3 (Week 1)	1015-1100
Wave 4 (Week 2)	1015-1100

Family Gym (min age 11)

Come along with your parents/guardians and keep training during your holiday*

*Kickstart required

Junior Fitness ages 11-13

Keep active during the holidays by using the fitness suite!* Come on you own or with friends to keep yourself active and motivated.

*Kickstart required.

Monday – Friday 1600-1700

01437 776676

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.

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

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Slimming World

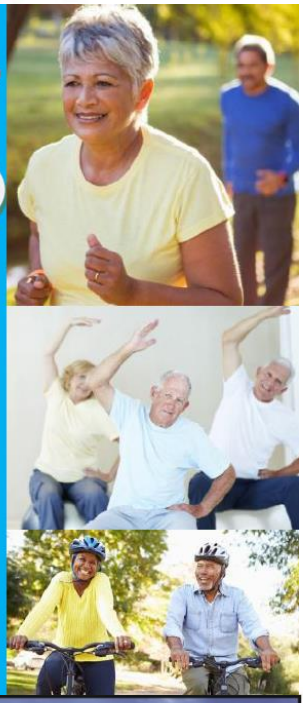
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*Terms and conditions apply



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Dydd Mawrth: 09:30 Peter Hall, Lewis Street, Dock Penfro
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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ar gyfer eich Prawf Ffitrwydd Gweithredol 65+

ARCHEBWCH NAWR...

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









MAN-UP OVERCOME YOUR LIMITS!

£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

CANOLFAN HAMDDEN
Hwlffordd

Pembrokeshire Leisure
Hamdden Sir Benfro

Gwyliau'r Pasg

13 Ebrill - - 28 Ebrill



Nofio Draig

AM DDIM

Dydd Mawrth 09.00-10.00 : Ton 5/6/7

Gwersi Nofio Dwys	
Sblash	0830-0900
Ton 1	0905-0935
Ton 2	0940-1010
Ton 3 (Wythnos 1)	1015-1100
Ton 4 (Wythnos 2)	1015-1100

Campfa Teulu (11 oed neu hŷn)

Dewch gyda'ch rhieni/gwarcheidwaid a pharhewch i hyfforddi yn ystod eich gwyliau*

*Mae angen Kickstart

Ffitrwydd Iau rhwng 11 ac 13 oed

Cadwch yn heini yn ystod y gwyliau drwy ddefnyddio'r ystafell ffitrwydd!* Dewch ar eich pen eich hun neu gyda'ch ffrindiau er mwyn cadw'n heini ac yn llawn cymhelliant.

*Mae angen Kickstart.

Dydd Llun – Dydd Gwener 1600–1700

01437 776676

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.