

Dyddiad / Date	Amser / Time	Gweithgaredd / Activity	Cost	Lleoliad / Location
Llun / Mon 23/7	9.30 - 5	Gymnasteg & Nofio / Gymnastics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Merch / Weds 25/7	9.30 - 5	Chwaraeon racedi & Nofio Racket Sports & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Llun / Mon 30/8	9.30 - 5	Gemau Pel & Nofio Swimming and ball games	£15.00	Ganolfan hamdden / Leisure Centre
Merch / Weds 1/8	9.30 - 5	Athletau & Nofio Athletics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Gwener / Friday 3/8	10 – 1	Pel droed / Football PTO	PTO	Cae peld droed y lau / Junior Football field
Llun / Mon 6/8	9.30 - 5	Gymnasteg & Nofio / Gymnastics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Merch / Weds 8/8	9.30 - 5	Chwaraeon racedi & Nofio Racket Sports & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Gwener / Friday 10/8	10 – 1	Pel droed / Football PTO	PTO	Cae peld droed y lau / Junior Football field
Llun / Mon 13/8	9.30 - 5	Gemau Pel & Nofio Swimming and ball games	£15.00	Ganolfan hamdden / Leisure Centre
Merch / Weds 15/8	9.30 - 5	Athletau & Nofio Athletics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Gwener / Friday 17/8	10 – 1	Pel droed / Football PTO	PTO	Cae peld droed y lau / Junior Football field
Llun / Mon 20/8	9.30 - 5	Gymnasteg & Nofio / Gymnastics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Merch / Weds 22/8	9.30 - 5	Chwaraeon racedi & Nofio Racket Sports & Swimming	£15.00	Ganolfan hamdden / Leisure Centre
Gwener / Friday 25/8	10 – 1	Pel droed / Football PTO	PTO	Cae peld droed y lau / Junior Football field
Merch / Weds 29/8	9.30 - 5	Athletau & Nofio Athletics & Swimming	£15.00	Ganolfan hamdden / Leisure Centre



Pêl Droed 2018

Football 2018



Mae'r adran hamdden wledig yn cydweithio a Pêl Droed yn Gymuned Llanrwst i gynnig sesiynau Pêl Droed yn ystod a gwyliau haf.

Plant blwyddyn ysgol 2-6

Amser 10yb-1yp

Cae Pêl Droed iau Llanrwst

4 wythnos am £20

Neu dalu wrth fund £7

Rural Sport Development are collaborating with Llanrwst FC in the community to offer football specific sessions in the summer holidays.

Including coaching, equipment and more

Children from school years 2-6

Time 10am – 1pm

Junior football pitch, Llanrwst

4 weeks for £20

Or pay as you go £7

Tim Ballam

Swyddog hamdden Gwledig/Rural Leisure Officer

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Ffon/Tel: 01492 575556



Sir Conwy, yr amgylchedd iawn i ddatblygu sgiliau chwaraeon

Conwy County, the right environment to develop sporting skills



Llanrwst

Gweithgareddau gwyliau haf / Summer holiday activities

Archebwch Nawr / Book Now

Gymnasteg / Gymnastics



Chwaraeon pel / Ball games



Chwaraeon ragedi - Racket sports



Athletau / Athletics



Nofio / Swimming



Gwisgoedd / esgidiau haul a het, yn ofynnol bob dydd

Swimming costumes / sunscreen required every day

gwella iechyd - mwynhau bywyd improving health - enjoying life