

AMSERLEN IAU HANNER TYMOR

25 MAI - 31 MAI

| | GWEITHGAREDD | AMSER | OEDRAN O |
|-------------------------------|--|--|------------------------------------|
| DYDD LLUN 25 Mai | Fflotiau a Hwyl Disgo Fflotiau a Hwyl Disgo | 10:30yb - 11:30yb 11:30yb - 12:30yp | 0+ 0+ |
| DYDD MAWRTH 26 Mai | Ffitrwydd Teulu* Nofio Teuluol ADY Fflotiau a Hwyl Disgo Fflotiau a Hwyl Disgo Ffitrwydd Iau* | 9:00yb - 5:00yp 10:00yb - 11:00yb 1:30yp - 2.30yp 2:30yp - 3:30yp 3:00yp - 5:00yp | 11+ 0+ 0+ 0+ 11-12 |
| DYDD MERCHER 27 Mai | Ffitrwydd Teulu* Fflotiau a Hwyl (Pwll Amrywiol) Nofio Teuluol (Pwll Bach) Aqua Run Fflotiau a Hwyl (Pwll Bach) Ffitrwydd Iau* | 9:00yb - 4:00yp 10:00yb - 11:00yb 11:00yb - 12:00yp 2:00yp - 3:00yp 3:30yp - 4:30yp 3:00yp - 5:00yp | 11+ 6+ 0+ 0+ 0+ 11+ |
| DYDD IAU 28 Mai | Ffitrwydd Teulu* Nofio Teuluol (Pwll Bach) Fflotiau a Hwyl (Pwll Amrywiol) Fflotiau a Hwyl Disgo Ffitrwydd Iau* | 9:00yb - 3:00yp 9:30yb - 10:30yb 10:30yb - 11:30yb 2:00yp - 3:00yp 3:00yp - 5:00yp | 11+ 0+ 6+ 0+ 11+ |
| DYDD GWENER 29 Mai | Ffitrwydd Teulu* Aqua Run Nofio Teuluol (Pwll Bach) Fflotiau a Hwyl Disgo | 9:00yb - 3:00yp 10:30yb - 11:30yb 11:30yb - 12:30yp 4:00yp - 5:00yp | 11+ 0+ 0+ |
| DYDD SADWRN 30 Mai | Rookies Fflotiau a Hwyl Disgo Nofio Teuluol (Pwll Bach) | 8:00yb - 9:00yb 9:30yb - 10:30yb 11:05yb - 12:05yp | Ton 5 0+ 0+ |
| DYDD SUL 31 Mai | Nofio Cyhoeddus AM DDIM* Fflotiau a Hwyl (Pwll Amrywiol) Fflotiau a Hwyl (Pwll Bach) Fflotiau a Hwyl (Pwll Bach) Nofio Teuluol (Pwll Bach) | 9:00yb - 10:00yb 9:00yb - 10:00yb 11:20yb - 12:20yp 12:30yp - 1:30yp 1:40yp - 2:40yp | 0+ 6+ 0+ 0+ 0+ |

* Rhaid cyflwyno i'r gampfa

** AM DDIM i bob plentyn a phlentyndod cofrestredig

I gael rhagor o wybodaeth am y sesiynau hyn, ewch i
www.pembrokeshireleisure.co.uk neu lawrlwythwch ein Ap Hamdden Sir Benfro
nawr!

**Byddwch yn ymwybodol bod yn rhaid i rieni/gwarcheidwaid plant dan 8 oed
aros yn yr adeilad bob amser.**




HALF TERM JUNIOR TIMETABLE

25TH MAY - 31ST MAY

| | ACTIVITY | TIME | AGE FROM |
|--|---------------------------------|-------------------|----------|
| MONDAY 25 th May | Disco Floats & Fun (Both Pools) | 10:30am - 11:30am | 0+ |
| | Disco Floats & Fun (Both Pools) | 11:30am - 12:30pm | 0+ |
| TUESDAY 26 th May | Family Fitness* | 9:00am - 5:00pm | 11+ |
| | ALN Family Swim | 10:00am - 11:00am | 0+ |
| | Disco Floats & Fun (Both Pools) | 1:30pm - 2.30pm | 0+ |
| | Disco Floats & Fun (Both Pools) | 2:30pm - 3:30pm | 0+ |
| | Junior Fitness* | 3:00pm - 5:00pm | 11-12 |
| WEDNESDAY 27 th May | Family Fitness* | 9:00am - 4:00pm | 11+ |
| | Floats & Fun (Variable Pool) | 10:00am - 11:00am | 6+ |
| | Family Swimming (Small Pool) | 11:00am - 12:00pm | 0+ |
| | Disco Pool Inflatable | 2:00pm - 3:00pm | |
| | Floats & Fun (Small Pool) | 3:30pm - 4:30pm | 0+ |
| | Junior Fitness* | 3:00pm - 5:00pm | 11+ |
| THURSDAY 28 th May | Family Fitness* | 9:00am - 3:00pm | 11+ |
| | Family Swimming (Small Pool) | 9:30am - 10:30am | 0+ |
| | Floats & Fun (Variable Pool) | 10:30am - 11:30am | 6+ |
| | Disco Floats & Fun (Both Pools) | 2:00pm - 3:00pm | 0+ |
| | Junior Fitness* | 3:00pm - 5:00pm | 11+ |
| FRIDAY 29 th May | Family Fitness* | 9:00am - 3:00pm | 11+ |
| | Disco Pool Inflatable | 10:30am - 11:30am | |
| | Family Swimming (Small Pool) | 11:30am - 12:30pm | 0+ |
| | Disco Floats & Fun (Both Pools) | 4:00pm - 5:00pm | 0+ |
| SATURDAY 30 th May | Rookie Lifeguard Programme | 8:00am - 9:00am | Wave 5 |
| | Disco Floats & Fun (Both Pools) | 9:30am - 10:30am | 0+ |
| | Family Swimming (Small Pool) | 11:05am - 12:05pm | 0+ |
| SUNDAY 31 st May | FREE Public Swim (Small Pool)* | 9:00am 10:00am | 0+ |
| | Floats & Fun (Variable Pool) | 9:00am - 10:00am | 6+ |
| | Floats & Fun (Small Pool) | 11:20am - 12:20pm | 0+ |
| | Floats & Fun (Small Pool) | 12:30pm - 1:30pm | 0+ |
| | Family Swimming (Small Pool) | 1:40pm - 2:40pm | 0+ |

* Gym Induction required

** FREE for all registered juniors & teens

To find out more information regarding these sessions, please visit.  www.pembrokeshireleisure.co.uk or download our Pembs Leisure App now!

Please be aware that parents/guardians of children under 8 must remain in the building at all times.

