

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+ 11+
DYDD IAU 28 Mai	Ffitrwydd Teulu* Nofio Teuluol (Pwll Bach) Fflotiau a Hwyl (Pwll Amrywiol) Sesiwn Chwarae ADY (PSV) Sesiwn Chwarae (PSV) Fflotiau a Hwyl Disgo Ffitrwydd Iau*	9:00yb - 3:00yp 9:30yb - 10:30yb 10:30yb - 11:30yb 10:00yb - 12:00yp 12:00yp - 1:30yp 2:00yp - 3:00yp 3:00yp - 5:00yp	11+ 0+ 6+ 3+ 3+ 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+
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+
	ALN Play Session (PSV)***	10:30am - 12:00pm	3+
	Play Session (PSV)***	12:00pm - 1:30pm	3+
	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

*** Pembroke Leisure Sports Village

** FREE for all juniors & teens

(Haverfordwest High School)

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.

