



Canolfan Hamdden Llanelli

01554 774757

WWW.ACTIF.CYMRU

# Amserlen

## Gweithgareddau

### Iau



**\*GWIRIO SGILIAU:** Bydd angen i bob plentyn sy'n dymuno bob yn rhan o'n rhaglen pasbort mynchu un o'r sesiynau gwirio sgiliau yn gyntaf er mwyn i ni asesu eich plentyn a'i chyfeirio at un o'n rhaglenni pasbort cywir



## DYDD LLUN

### NEWYDD!!

CYLCHOEDD  
YMARFER MINI

4:15PM -5pm

£3.85 a sesiwn



GWIRIO  
SGILIAU

4:30-5PM

AM DDIM

**\*PEL RWYD  
MINI**

5PM – 5:45PM

£15.40 y mis

## DYDD MAWRTH

SGILIAU AR GYFER  
CHWARAEON

4:15PM – 5PM

£15.40 y mis



**\*ATHELTAU  
MINI**

5PM – 5:45PM

£15.40 y mis

## DYDD MERCHER

**\*PEL RWYD MINI**

5PM – 5:45PM

£15.40 y mis



## DYDD IAU

**\*HOCI MINI**

5PM – 5:45PM

£15.40 y mis



## DYDD SADWRN

SGLIAU AR GYFER  
CHWARAEON

9:30AM – 10:15AM

£15.40 y mis



BEICIAU BALANS

10:15AM-11AM

£15.40 y mis



Llanelli Leisure Centre

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# Junior Activities Timetable



**\*SKILLS CHECK:** All children wishing to be part of one of our passport programmes will need to attend a skill check session first so that we can assess your child and signpost them to the correct passport programme.



## MONDAY

Skills Check

4:30PM -5pm

FREE



## NEW!!

MINI Circuits

4:15PM -5pm

£3.85 a session

\*MINI

NETBALL

5PM -5:45pm

£15.40 a month

## TUESDAY

SKILLS FOR SPORT

4:15PM -5PM

£15.40 a month



\*MINI

ATHLETICS

5PM -5:45PM

£15.40 a month

## WEDNESDAY

\*MINI NETBALL

5PM -5:45PM

£15.40 a month



## THURSDAY

\*MINI HOCKEY

5PM – 5:45PM

£15.40 a month



## SATURDAY

SKILLS FOR SPORT

9:30AM -10:15PM

£15.40 a month



BALANCE BIKES

10:15AM -11:00AM

£15.40 a month