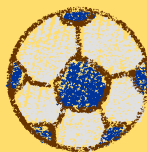
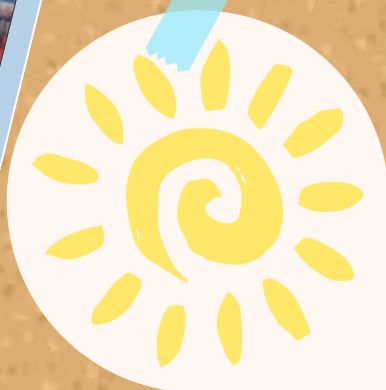


Gweithgareddau Haf Hamdden Llambod Leisure Summer Activities



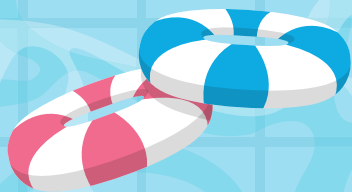
2025



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF





Gwybodaeth Pwysig

Important Information

Cau Pwll Nofio Llambed

Bydd Pwll Nofio Llambed ar gau o ddydd Llun, 7fed Gorffennaf tan ddydd Llun, 11eg Awst oherwydd gwaith gwella hanfodol, gan gynnwys gosod ystafell beirianeg newydd.

Diolch am eich amynedd a'ch cefnogaeth.

Lampeter Swimming Pool Closure

Lampeter Swimming Pool will be closed from Monday the 7th of July to Monday the 11th of August while essential improvement works take place, including the installation of a new plant room.

Thank you for your patience and support.



Prisiau Nofio

Swimming Prices

Categori / Category	Pris / Price
Oedolyn / Adult	£5.00
Plentyn / Junior (5+)	£3.50
Consesiwn / Concession* *Di-waith, 60+, anabl, myfyriwr *Unemployed, 60+, disabled, student	£3.50
Tocyn Teulu / Family Ticket (2 oedolyn & 2 plentyn neu 1 oedolyn & 3 plentyn) (2 adults & 2 children or 1 adult & 3 children)	£14

POLISI MYNEDIAD PWLL I BLANT DAN 8 CANLLAWIAU CENEDLAETHOL YR ISRM

- Ni ddylid derbyn unrhyw blant o dan 8 oed i bwl niofio oni bai eu bod yng nghwmni oedolyn cyfrifol.
- Diffinnir 'oedolyn cyfrifol' fel rhywun 16 oed neu hŷn sy'n gallu goruchwyllo'r plentyn mewn ffordd gymwys.
- Lle ceir plant o dan 8 oed yng nghwmni oedolyn cyfrifol, caniateir hyd at DDAU blentyn i bob oedolyn.
- Cynhelir y gymhareb hon beth bynnag fo nifer y plant o dan 8 oed sydd eisiau nofio (h.y. 4 plentyn : 2 oedolyn, 6 plentyn : 3 oedolyn)
- Ni chaniateir i oedolyn cyfrifol gymryd tri neu fwy o blant dan 8 oed i mewn i bwl niofio.

DEFNYDD Y PLANT O'R YSTAFELLOEDD NEWID

- Caniateir i blant o dan 8 oed newid mewn ystafelloedd newid y rhyw arall.
- Rhoddir caniatâd ddim ond os nad oes rhywun o'r un rhyw ar gael i gynorthwyo'r plentyn i newid.
- Lle ceir ciwbiclau newid neu ystafelloedd newid i'r teulu/yr anabl, anogir nofwyr i'w defnyddio.

POOL ADMISSION POLICY FOR CHILDREN UNDER 8 ISRM NATIONAL GUIDANCE

- No child under the age of 8 years to be admitted to a swimming pool unless accompanied by a responsible adult.
- A Responsible adult is defined as someone aged 16 years or older, capable of supervising the child in a competent manner.
- Where children under the age of 8 years old are accompanied by a responsible adult, a maximum number of TWO children per adult is permitted.
- This ratio is maintained irrespective of the number of children under 8 years old wishing to swim (i.e. 4 children : 2 adults, 6 children : 3 adults)
- A responsible adult is not permitted to take three or more children under the age of 8 years old into the swimming pool.

CHILDREN'S USE OF CHANGING ROOMS

- Children under the age of 8 years are allowed to change in opposite sex changing rooms.
- Permission is only allowed if there is no-one present from the same sex to help the child change.
- Where changing cubicles or family/disabled changing rooms are available, swimmers are encouraged to use them.

CWRS DWYS

CRASH COURSE

Dewch i nefio gyda ni, gwylliau haf yma!
Come and swim with us this summer holidays!



Dyddiadau / Dates

11/08/2025 – 15/08/2025
18/08/2025 – 22/08/2025

Amseroedd / Times

Ton 1 / Wave 1

09:00am – 09:30am

Ton 2 / Wave 2

09:30am – 10:00am

Ton 3 & 4 / Wave 3 & 4

10:00am – 10:30am

5 gwrs am

£25

for 5 lessons

Plis archebwch eich lle a talu ymlaen llaw -
Please book your space and pay in advance -

Wellbeing Centre: (01570) 422 552

CWRS DWYS

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Dewch i nofio gyda ni, gwylliau haf yma!

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Ton 3 & 4 / Wave 3 & 4

10:00am – 10:30am

5 gwrs am

£25

for 5 lessons

Plis archebwch eich lle a talu ymlaen llaw -
Please book your space and pay in advance -

Wellbeing Centre: (01570) 422 552

Nofio Teuluol (gyda fflotiau)

Family Swimming (with floats)



Dyddiad / Date	Amser / Time
11.8.2025	3pm-4pm 5pm-6pm
12.8.2025	*2pm-3pm 3pm-4pm 5pm-6pm
14.8.2025	2pm-3pm 3pm-4pm 5pm-6pm
15.8.2025	10:30am-11:30am 4pm-5pm 5pm-6pm
18.8.2025	3pm-4pm 5pm-6pm
19.8.2025	*2pm-3pm 3pm-4pm 5pm-6pm

Dyddiad / Date	Amser / Time
21.8.2025	2pm-3pm 3pm-4pm 5pm-6pm
22.8.2025	10:30-11:30 4pm-5pm 5pm-6pm
26.8.2025	9am-10am *2pm-3pm 3pm-4pm 5pm-6pm
27.8.2025	9am-10am
28.8.2025	9am-10am 2pm-3pm 3pm-4pm 5pm-6pm
29.8.2025	9am - 10am 10:30 - 11:30am 4pm-5pm 5pm-6pm

***Plant o dan 16 oed am ddim**
 *Children under 16's free

Amserlen y Pwll Nofio

Dydd Llun 11 Awst – Dydd Sul 31 Awst 2025

	7-8YB	8-9YB	9-11.30YB	10:30YB-11:30YB	11:30YB-12:30YB	12:30-13:30YP	2-3YP	3-4YP	4-5YP	5-6YP	6-7YP	7-8YP	8-9YP
Dydd Llun		Nofio Cynnar (Lon)	Plŷs gwelwch y rhaglen gwyliau	Rhiant a Plentyn	Nofio 50+ (60+ am ddim)	Nofio Cyhoeddus	Plŷs gwelwch y rhaglen gwyliau				Nofio Lôn	Aerobeg Dŵr	Sesiwn Ymlacio a Myfyrio
Dydd Mawrth	Nofio Cynnar (Lon)	Nofio Cynnar (Lon)	Plŷs gwelwch y rhaglen gwyliau	Plŷs gwelwch y rhaglen gwyliau	Aerobeg Dŵr	Nofio Cyhoeddus	Plŷs gwelwch y rhaglen gwyliau				Nofio Cyhoeddus		
Dydd Mercher	Nofio Cynnar (Lon)	Nofio Cynnar (Lon)	Plŷs gwelwch y rhaglen gwyliau	Plŷs gwelwch y rhaglen gwyliau	Sesiwn Ymlacio a Myfyrio	Nofio Cyhoeddus	Plŷs gwelwch y rhaglen gwyliau				Nofio Cyhoeddus		
Dydd Iau	Nofio Cynnar (Lon)	Nofio Cynnar (Lon)	Plŷs gwelwch y rhaglen gwyliau	Aerobeg Dŵr NERS	Nofio 50+ (60+ am ddim)	Nofio Cyhoeddus	Plŷs gwelwch y rhaglen gwyliau				Nofio Cyhoeddus		
Dydd Gwener			Plŷs gwelwch y rhaglen gwyliau	Plŷs gwelwch y rhaglen gwyliau	Nofio Lôn	Nofio Cyhoeddus	Plŷs gwelwch y rhaglen gwyliau				Nofio Teuluol		

	7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00
Dydd Sadwrn	Nofio Cynnar (Lon)	Nofio Lôn	Nofio Teuluol	Nofio Teuluol	Nofio Cyhoeddus
Dydd Sul	Nofio Cynnar (Lon)	Nofio Lôn	Nofio Teuluol	Nofio Teuluol	Nofio Cyhoeddus

Gŵyl y Banc 25.8.2025	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00
	Nofio Lôn	Nofio Teuluol	Nofio Teuluol	Nofio Cyhoeddus

Swimming Pool Timetable

Monday 11 August – Sunday 31 August 2025

	7-8AM	8-9AM	9-10.30AM	10:30AM - 11:30AM	11:30AM-12:30PM	12:30-13:30PM	2-3PM	3-4PM	4-5PM	5-6PM	6-7PM	7-8PM	8-9PM
Monday		Early Birds (Lanes)	Please see Holiday programme	Parent & Toddler	50+ Swim (60+ Free)	General Public	Please see Holiday programme			General Public	Lane Swim	Aqua Aerobics	Relax & Reflect Session
Tuesday	Early Birds (Lanes)	Early Birds (Lanes)	Please see Holiday programme	Please see Holiday programme	Aqua Aerobics	General Public	Please see Holiday programme			General Public	General Public		
Wednesday	Early Birds (Lanes)	Early Birds (Lanes)	Please see Holiday programme	Please see Holiday programme	Relax & Reflect Session	General Public	Please see Holiday programme			General Public	General Public		
Thursday	Early Birds (Lanes)	Early Birds (Lanes)	Please see Holiday programme	NERS Aqua Aerobics	50+ Swim (60+ Free)	General Public	Please see Holiday programme			General Public	General Public		
Friday			Please see Holiday programme	Please see Holiday programme	Lane Swim	General Public	Please see Holiday programme			Family Swim	Family Swim		

	7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00
Saturday	Early Birds (Lanes)	Lane Swim	Family Swim	Family Swim	General Public
Sunday	Early Birds (Lanes)	Lane Swim	Family Swim	Family Swim	General Public

Bank Holiday 25.8.2025		9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00
		Lane Swimming	Family Swim	Family Swim	General Public



Caiacio Kayaking

Ymunwch â ni am sesiwn caiacio dan do
cyffrous. Bydd hyfforddwyr arbenigol yn sicrhau
eich bod yn cael profiad diogel a hwyllog.

*Rhaid i gyfranogwyr gallu nofio 25 medr.



£4 yr awr
per hour

Age
8-16
Oed

Join us for an exciting indoor kayaking session.
Expert instructors will ensure you have a safe and
fun experience

*Participants must be able to swim 25 meters.

14.08.2025

4:00 - 5:00pm

21.08.2025

4:00 - 5:00pm

28.08.2025

4:00 - 5:00pm



Cofiwch ein bod yn argymhell eich bod yn archebu lle
i bob dosbarth

Remember that we recommend you book your
space for each class

Polo Dŵr Water Polo



£4



Age 7-11 Oed

11.08.2025	2-3pm
15.08.2025	2-3pm
18.08.2025	2-3pm
22.08.2025	2-3pm
26.08.2025	10:30-11:30am
29.08.2025	2-3pm

Age 12-16 Oed

12.08.2025	10:30-11:30am
15.08.2025	3-4pm
19.08.2025	10:30-11:30am
22.08.2025	3-4pm
27.08.2025	10:30-11:30am
29.08.2025	3-4pm

Cofiwch ein bod yn argymhell eich bod yn archebu lle i bob dosbarth
Remember that we recommend you book your space for each class

Sesiynau CHWYDDADWY

£4



INFLATABLE Sessions

Archebwch hyd at 7
diwrnod ymlaen llaw!
Book up to 7 days
in advance!



Rhaid i gyfranogwyr gallu
nofio 25 metr.
Participants must be able to
swim 25 meters.

Oed
8+
Age



13.08.2025

3:00-3:45pm
4:00-4:45pm
5:00-5:45pm

20.08.2025

2:00-2:45pm
3:00-3:45pm
4:00-4:45pm
5:00-5:45pm

27.08.2025

2:00-2:45pm
3:00-3:45pm
4:00-4:45pm
5:00-5:45pm



OED/AGE

8+

AEROBEG DŴR IAU

JUNIOR AQUA AEROBICS

£4.00 y dosbarth
£4.00 per class

12.08.2025

4:00 – 4:45pm

19.08.2025

4:00 – 4:45pm

26.08.2025

4:00 – 4:45pm



Cofiwch ein bod yn argymhell eich bod yn archebu lle i bob dosbarth
Remember that we recommend you book your space for each class



OED/AGE
8+

SGIL & SBLASH SKILL & SPLASH

13.08.2025

1:00PM – 3:00PM

***Dechrau a gorffen yn y
Ganolfan Lles***

*Starts and ends at the
Wellbeing Centre*

***Rhaid fod yn hyderus yn y dŵr**
***Must be confident swimmers**



**AM
DDIM
FREE**



**Cofiwch ein bod yn argymhell eich
bod yn archebu lle i bob dosbarth**

**Remember that we recommend
you book your space for each
class**



AM DDIM
FREE

**TROI I FYNY A CHWARAE
PÊL-FASGED
TURN UP AND PLAY
BASKETBALL**

15:00 – 16:00

OED / AGE 11 – 16

21/07/2025

04/08/2025



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF

SESIYNAU
CASTELL NEIDIO
BOUNCY CASTLE
SESSIONS

10:00 - 11:00
11:00 - 12:00

**AM DDIM/
FREE**

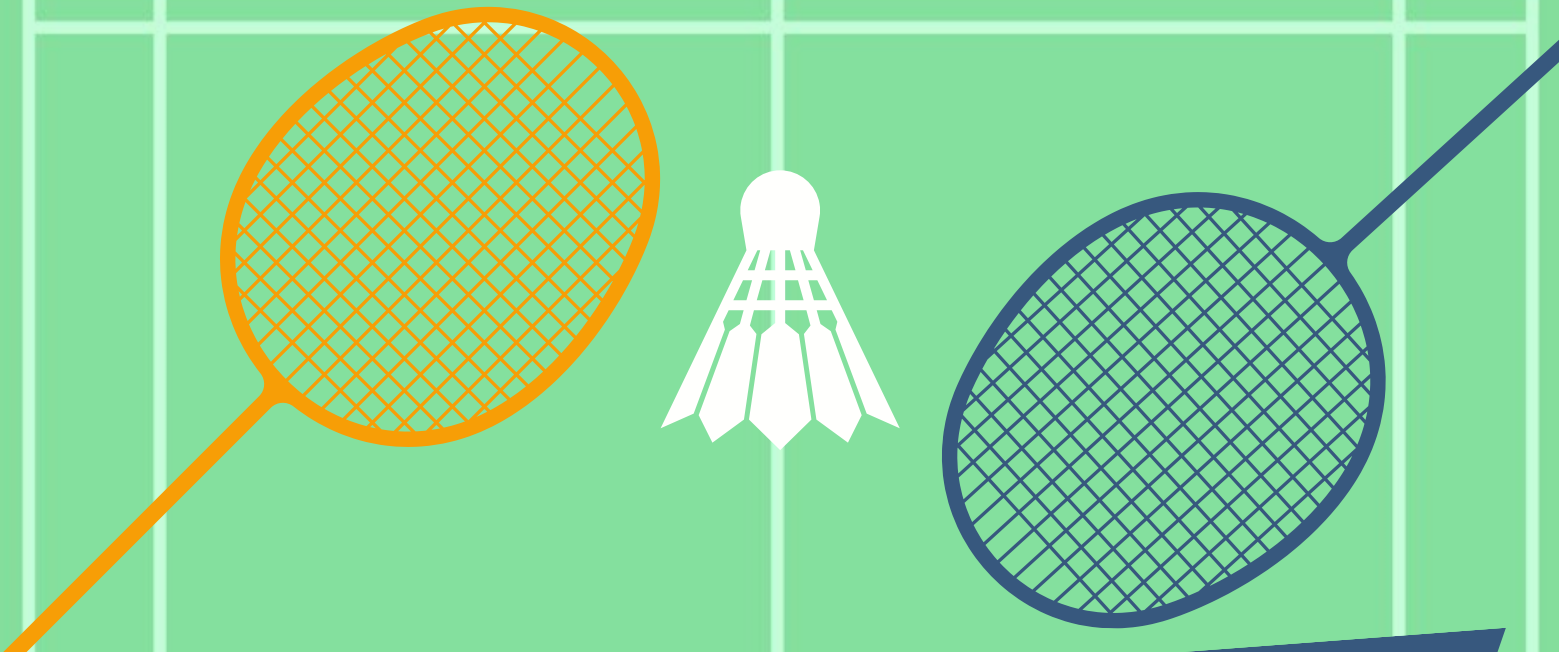


23.07.2025

30.07.2025

13.08.2025

27.08.2025



**TROI I FYNY A
CHWARAE BADMINTON**

YMUNWCH YN YR HWYL

**TURN UP AND PLAY
BADMINTON**

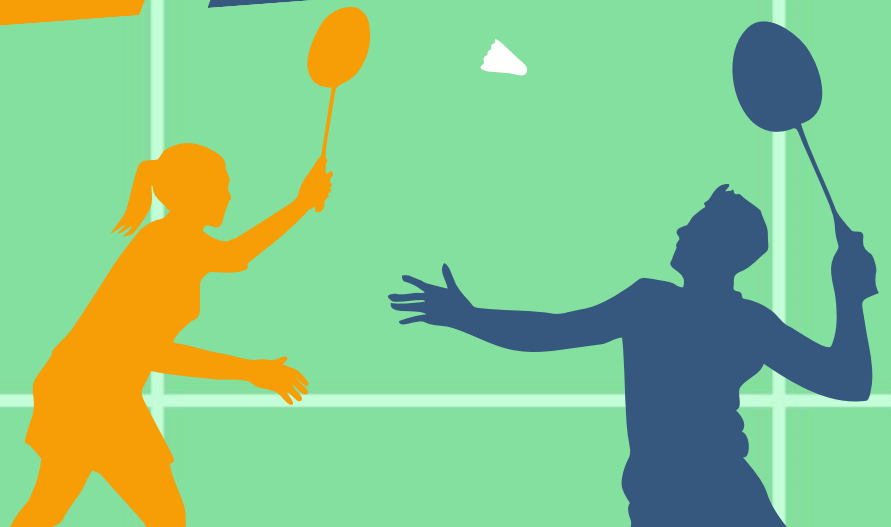
JOIN IN WITH THE FUN

**28/07/2025
&
28/08/2025**

2.00 - 3.00PM

**AM DDIM
FREE**

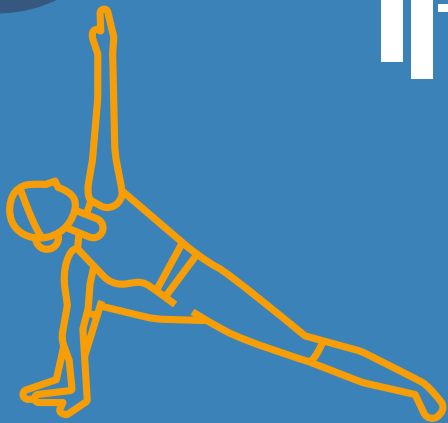
**CEREDIGION
ACTIF**



HYFFORDDIANT CYLCHOLIAU JUNIOR CIRCUIT TRAINING

**AM DDIM/
FREE**

**OED/AGE
11-16**



29.7.2025

2:30PM-3:15PM

12.8.2025

2:30PM-3:15PM

Cofiwch ein bod yn argymhell eich bod yn archebu lle i bob dosbarth
Remember that we recommend you book your space for each class

**TROI I FYNY A CHWARAE
PÊLDROED**

**TURN UP AND PLAY
FOOTBALL**

OED/ AGE 7-11

29.07.2025 10-11AM

12.08.2025 10-11AM

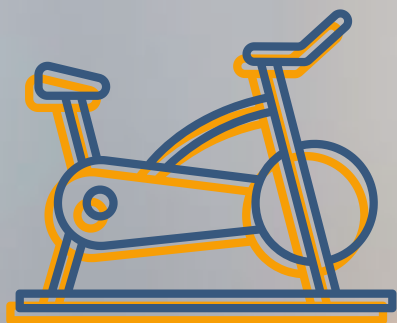
**Dewch i chwarae
pêl-droed!
Come and play
football!**

OED/ AGE 12-16

29.07.2025 11AM-12PM

12.08.2025 11AM-12PM

**AM DDIM/
FREE**



**AM DDIM/
FREE**

**OED/AGE
11-16**

TROELLI IAU JUNIOR SPIN

30.7.2025

3:00PM-3:30PM

13.8.2025

3:00PM-3:30PM

GWERSYLLLOEDD AML-CHWARAEON

MULTISPORTS CAMPS

*Sesiwn AM

DDIM

*FREE session

OED/AGE

7-11

01.08.2025

10am-12pm

22.08.2025

10am-12pm

Rydym yn argymhell archebu lle o flaen llaw.
Pre-booking is recommended.

CHWARAE BLER MESSY PLAY

Yn addas
o eistedd
i 5 oed.

From sitting to
5 years old.



AM
DDIM/
FREE

1.8.2025
1:30-2:30pm

22.8.2025
1:30-2:30pm

*Mae'n hanfodol eich bod chi'n archebu lle o flaen llaw - oherwydd y galw, gall y sesiwn cael i ganslo lan hyd 24 awr cyn llaw.

*Pre-booking is required - due to demand, the session may be cancelled up to 24 hours in advance.



Dewch a dillad a tywel
sbâr os gwelwch yn dda.

Please bring a towel and
spare clothes.

TROI I FYNY A CHWARAE TENIS

TURN UP AND PLAY TENNIS

Dewch i chwarae Tennis!
Come and play Tennis!

05.08.2025

2-3PM

19.08.2025

2-3PM

Cofiwch ein bod yn argymhell eich bod yn archebu lle i bob dosbarth
Remember that we recommend you book your space for each class

**AM DDIM/
FREE**

**OED/AGE
8+**



TWRNAMENT TENIS CEREDIGION TENNIS TOURNAMENT

06.08.2025

Grwpiau / Groups

Bechgyn Bl. / Boys Yrs. 7-8

Merched Bl. / Girls Yrs. 7-8

Bechgyn Bl. / Boys Yrs. 9-10

Merched Bl. / Girls Yrs. 9-10

MYNEDIAD / ENTRY £5

Cofrestrwch erbyn / Register by 4/8/25
lampeterwellbeingcentre@ceredigion.gov.uk
01570 422 552

CYRTIAU TENIS LLAMBED
LAMPETER TENNIS COURTS

SIOE DEITHIOL YR HAF 2025

DIWRNODAU HWYL –
GWEITHGAREDDAU AM DDIM!

Canolfan Hamdden Plascrug – Dydd Gwener, 25ain o
Orffennaf

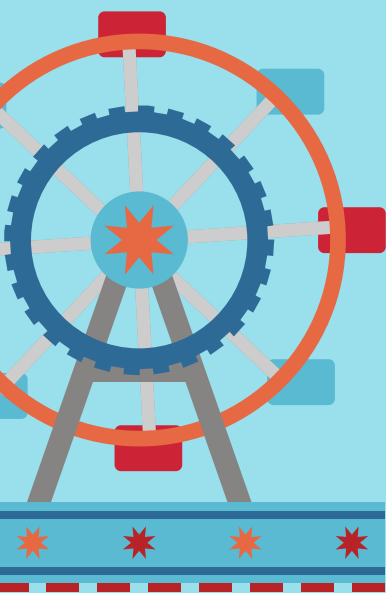
Canolfan Hamdden Aberteifi – Dydd Mawrth, 5ed o
Awst

Hyb Llesiant Llambed – Dydd Mercher, 20fed o Awst

YMUNWCH Â NI AM WEITHGAREDDAU,
CREFFTAU A STONDINAU GWYBODAETH
I BLANT, POBL IFANC A THEULUOEDD
10Y.B TAN 14:00 Y.H
GWEITHGAREDDAU I GYD AM DDIM!

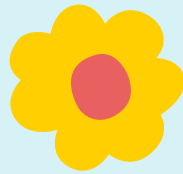
• Gweithgareddau i'w
cynnwys

- Celf a Chrefft •
- Consolau Gemau •
- Rhowch gynnig ar Golff •
- Peintio Wynebau •
- Stondinau Gwybodaeth
gan gynnwys HCT, Barod,
Heddlu Dyfed Powys
a llawer mwy!



SUMMER ROADSHOW 2025

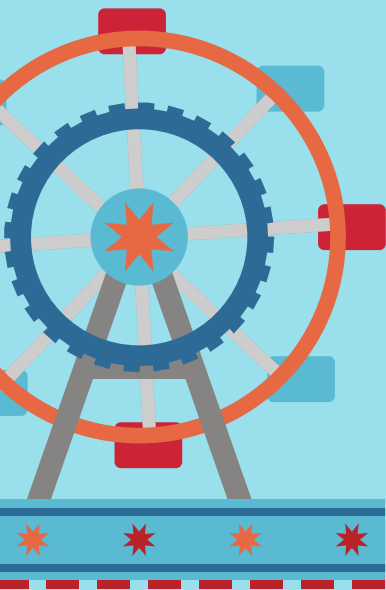
FREE ACTIVITY DAYS



Plascrug Leisure Centre – Friday the 25th of July
Cardigan Leisure Centre – Tuesday 5th of August
Lampeter Wellbeing Hub – Wednesday 20th of August

JOIN US FOR FREE ACTIVITIES, CRAFTS
AND INFORMATION STANDS FOR
CHILDREN, YOUNG PEOPLE AND
FAMILIES! 10:00A.M – 14:00P.M

- Arts and Crafts •
- Inflatable Games •
- Games Consoles •
- Try Golf •
- Face Painting •
- Information Stands including HCT, Barod, Dyfed Powys Police and much more!



For more information please email:
Porthcymorthcynnar@ceredigion.gov.uk

Partïon

Partïon yn y Pwll

- Pwll gyda fflotiau - £75
- Ar gael ar ddydd Sadwrn rhwng 10yb a 11yb.

*Uchafrif - 20

*Rhaid i oedolyn cymwys fod yn y dŵr gyda phob plentyn o dan 8 oed.

Uchafrif o 2 blentyn o dan 8 oed i 1 oedolyn.



Partïon yn y Neuadd Chwaraeon

- Partïon Castell Neidio - £75
- Ar gael ar ddydd Sul rhwng 11yb a 12yp, neu dydd Sadwrn a dydd Sul rhwng 2yp a 3yp.

*Uchafrif - 20



Parties

Pool Parties

- Pool and floats - £75
- Available on Saturdays from 10am to 11am

*Maximum number - 20

*All children under 8 must be accompanied by a competent adult.

Maximum 2 children under 8 to 1 adult.



Sports Hall Parties

- Bouncy Castle Parties - £75
- Available on Sundays from 11am to 12pm, and Saturdays and Sundays from 2pm to 3pm.

*Maximum number - 20



Gallwn ddarparu ardal i chi gael bwyd ar ôl y parti.

We can provide an area for food after the party.

AELODAETH FFITRWYDD IAU DIDERFYN UNLIMITED JUNIOR FITNESS MEMBERSHIP

AR GYFER POBL IFANC (BLWYDDYN 9/13 I 18 OED) MEWN ADDYSG
NEU HYFFORDDIANT LLAWN AMSER.

FOR YOUNG PEOPLE (IN YEAR 9/13 TO 18 YEARS) IN FULL-TIME EDUCATION OR
TRAINING.

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES

YSTAFELL FFITRWYDD

FITNESS SUITE

NOFIO

SWIMMING

£15

Y MIS AR DEBYD UNIONGYRCHOL
PER MONTH ON DIRECT DEBIT

£17

Y MIS WRTH TALU'N FISOL
PER MONTH ON PAY MONTHLY



Mae contract 6 mis ar gyfer aelodaeth Debyd Uniongyrchol.

Am delerau ac amodau llawn, ewch i'n gwefan

.Direct Debit memberships are subject to a 6 month contract.

For full terms and conditions, please visit our website.

ABERYSTWYTH
01970 624 579

ABERTEIFI/CARDIGAN
01239 621287

ABERAERON
01545 571 738

LLAMBED/LAMPETER
01570 422 552



WWW.CEREDIGIONACTIF.ORG.UK

Dewch i chwarae Tennis! Come and play Tennis!

Offer ar gael yn
y Ganolfan Lles.

Equipment
available from
the Wellbeing
Centre.



PRISIAU YN
DECHRAU O £9

PRICES STARTING
FROM £9

SLOTIAU DEFNYDD CYMUNEDOL AM DDIM AR GAEL!
FREE COMMUNITY USE SLOTS AVAILABLE!

AM FWY O WYBODAETH, GOFYNNWCH YN DDERBYNFA /
FOR MORE INFORMATION, ENQUIRE AT RECEPTION

Dewch i chwarae Pêl-fasged!



Come and play Basketball!

**Offer ar gael yn
y Ganolfan Lles.**

**Equipment
available from
the Wellbeing
Centre.**

**PRISIAU YN DECHRAU O £17.00
PRICES START FROM £17.00**

**AM FWY O WYBODAETH, GOFYNNWCH YN
DDERBYNFA.
FOR MORE INFORMATION, ENQUIRE AT
RECEPTION.**

**SLOTIAU
DEFNYDD
CYMUNEDOL AM
DDIM AR GAEL!**

**FREE COMMUNITY
USE SLOTS
AVAILABLE!**



Dewch i chwarae Pêl-rwyd!

Come and play Netball!

PRISIAU YN DECHRAU AM £17.00

PRICES START FROM £17.00

AM FWY O WYBODAETH, GOFYNNWCH YN DDERBYNFA /
FOR MORE INFORMATION, ENQUIRE AT RECEPTION

**Offer ar gael yn
y Ganolfan Lles.**

Equipment
available from
the Wellbeing
Centre.



**SLOTIAU
DEFNYDD
CYMUNEDOL AM
DDIM AR GAEL!**

**FREE COMMUNITY
USE SLOTS
AVAILABLE!**

Plîs nodwch:



- Argymhellir yn gryf eich bod yn bwcio lle ar gyfer gweithgareddau o flaen llaw gan mae nifer cyfyngedig o leodedd sydd ar gael.
- Mae'n rhaid talu wrth fwcio. Derbyniwyd sieciau yn daladwy i Gyngor Sir Ceredigion.
- Mae'r rheolwr yn cadw'r hawl i newid neu ganslo unrhyw rai o'r sesiynau hysbysed os bydd angen.
- Oni hysbysir yn wahanol, mae pob gwers nofio yn cael ei ddysgu yn ddwyieithog.



PWYSIG: Plîs sicrhewch fod eich manylion cyswllt yn gywir rhag ofn fod yna argyfwng.

Please note:

- Pre-booking is highly recommended for all activities due to high levels of demand.
- Payment is required on booking. Cheques should be made payable to Ceredigion County Council.
- Management reserve the right to change or cancel any of the advertised sessions if required.
- Unless otherwise specified, all swimming classes are taught bilingually.



IMPORTANT: Please ensure that your contact details are up-to-date in case of emergency.



Cyngor Sir
CEREDIGION
County Council

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