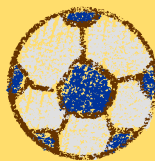


Gweithgareddau Haf Canolfan Hamdden

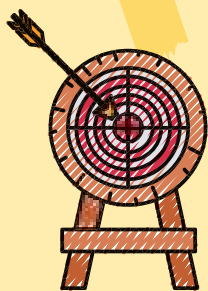


Teifi



Leisure Centre Summer Activities

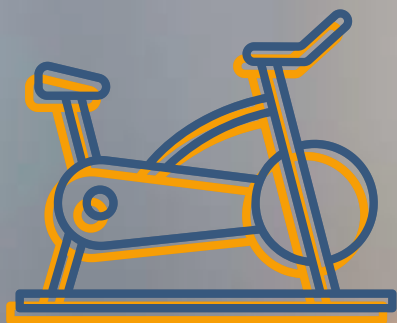
2025



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF





**AM DDIM/
FREE**

**OED/AGE
11-16**

TROELLI IAU JUNIOR SPIN

9:30 - 10:15

22.7.25

29.7.2025

5.8.2025

12.8.2025

19.8.2025

26.8.2025

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

CHWARAE BLER MESSY PLAY

Yn addas
o eistedd
i 5 oed.

From sitting to
5 years old.



AM
DDIM/
FREE

23.7.2025
10:00 - 11:00

20.8.2025
10:00 - 11:00

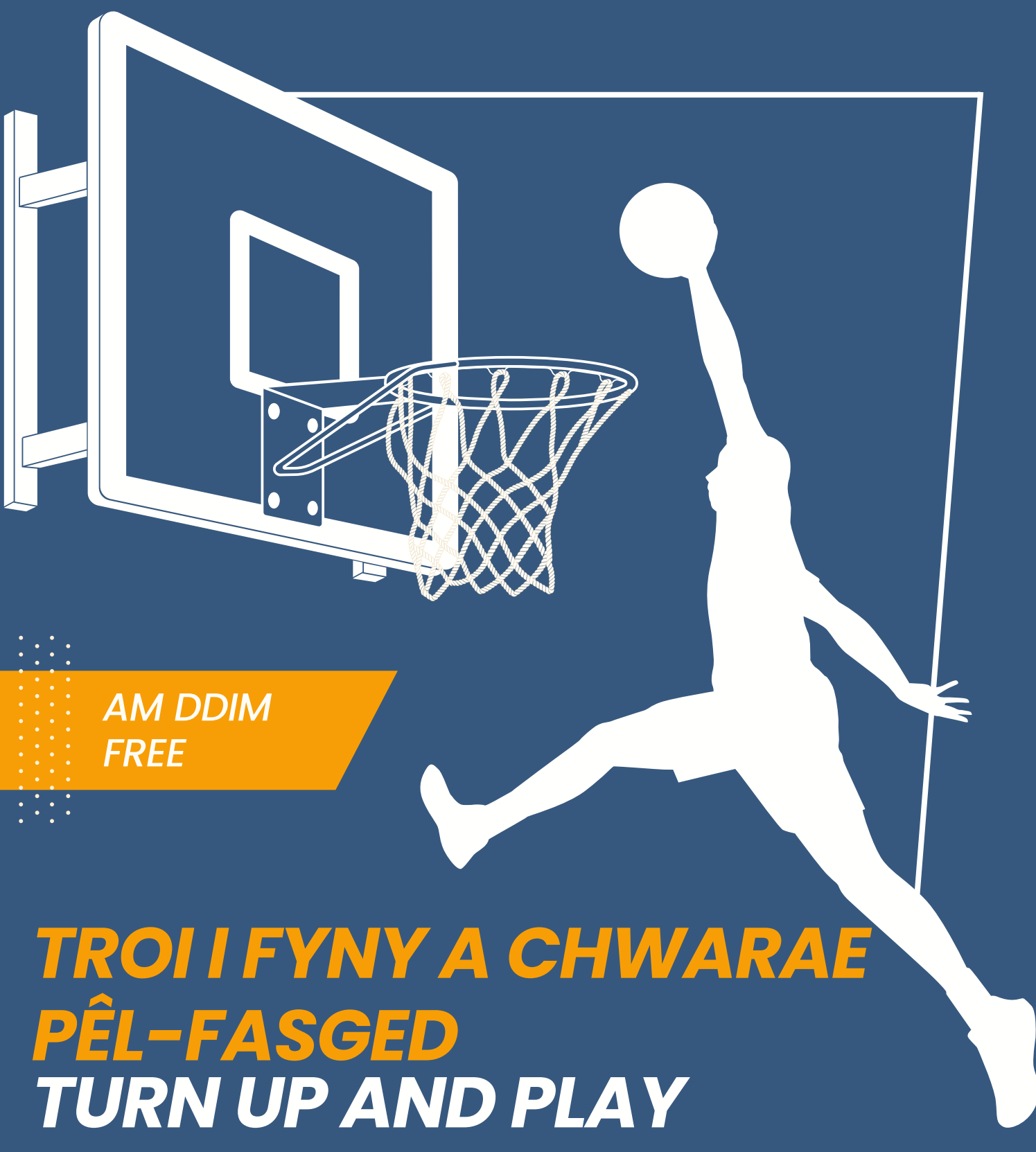
*Mae'n hanfodol eich bod chi'n archebu lle o flaen llaw - oherwydd y galw, gall y sesiwn cael i ganslo lan hyd 24 awr cyn llaw.

*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.



AM DDIM
FREE

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

15:00 – 16:00

OED / AGE 11 – 16



**POB DYDD
MERCHER
EVERY
WEDNESDAY**



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF 

SESIYNAU
CESTYLL NEIDIO
BOUNCY CASTLES
SESSIONS

AGE 0-8 OED

MYNEDIAD AM DDIM
FREE ENTRY



24/7

10:00 - 11:00
13:00 - 14:00

31/7

10:00 - 11:00
13:00 - 14:00

7/8

10:00 - 11:00

14/8

10:00 - 11:00
13:00 - 14:00

MYNEDIAD AM DDIM
FREE ENTRY

21/8

10:00 - 11:00
13:00 - 14:00



CHWARAE ACTIF ACTIF PLAY



Neidio & Chwarae:

Dewch i'n sesiwn llawn hwyl gyda chastell neidio, chwarae meddal a gweithgareddau.

OED
5-10
AGE



29/7/25 9:30 - 10:30

7/8/25 13:00 - 14:00

12/8/25 9:30 - 10:30



Bounce & Play:

Come to our fun-filled session with a bouncy castle, softplay and activities.

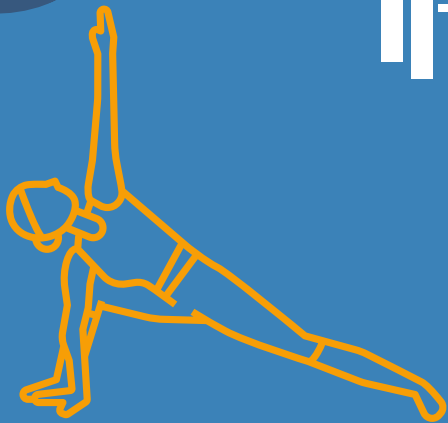
MYNEDIAD AM DDIM
FREE ENTRY



HYFFORDDIANT CYLCHOLIAU JUNIOR CIRCUIT TRAINING

**AM DDIM/
FREE**

**OED/AGE
11-16**



14:30 - 15:30

24.7.2025

14.8.2025

31.7.2025

21.8.2025

7.8.2025

28.8.2025

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

10:00 - 11:00

&

13:00 - 14:00

**Pob Dydd Gwener ar
y Cae 3G**

**Every Friday on the
3G Pitch**

OED/ AGE 12-16

11:00 - 12:00

&

14:00 - 15:00

**AM DDIM/
FREE**

SGILIAU RYGBI RUGBY SKILLS

OED / AGE 7-13

23.07.25

30.07.25

27.08.25

10:00 - 11:00

CAE 3G PITCH

**AM DDIM
FREE**



**TROI I FYNY A CHWARAE
CHWARAEON RACED**

**TURN UP AND PLAY
RACQUET SPORTS**



**OED / AGE
8 - 16**

15:00 - 16:00

POB DYDD GWENER

EVERY FRIDAY





SIOE DEITHIOL

YR HAF 2025

DIWRNODAU HWYL –
GWEITHGAREDDAU AM DDIM!

Canolfan Hamdden Plascrug – Dydd Gwener, 25ain o
Orffennaf

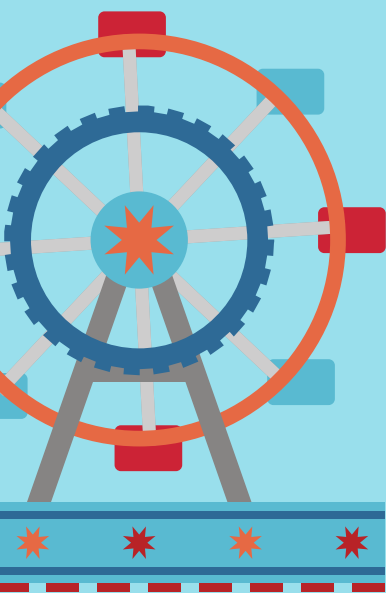
Canolfan Hamdden Aberteifi – Dydd Mawrth, 5ed o
Awst

Hyb Llesiant Llambed – Dydd Mercher, 20fed o Awst

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

• Gweithgareddau i'w
cynnwys

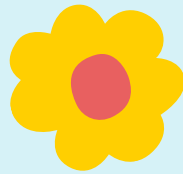
- Celf a Chrefft •
- Consolau Gemau •
- Rhowch gynnig ar Golff •
- Peintio Wynebau •
- Stondinau Gwybodaeth
gan gynnwys HCT, Barod,
Heddlu Dyfed Powys
a llawer mwy!



SUMMER

ROADSHOW 2025

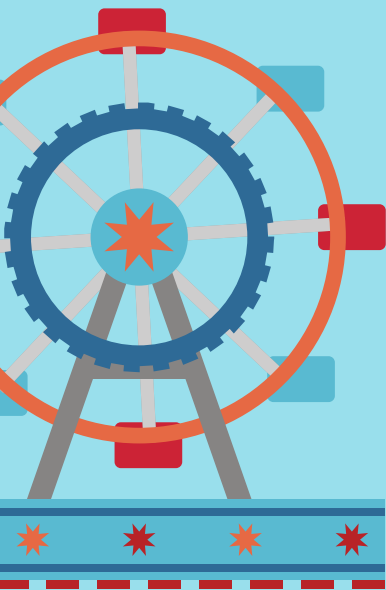
FREE ACTIVITY DAYS



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

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

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

Partïon

Partïon yn y Neuadd Chwaraeon

- Neuadd Gyfan - £75
- Partïon Castell Neidio - £75
- Ar gael ar ddydd Sadwrn rhwng
 - 11 yb a 12 yp
 - 1 yp a 2 yp

*Uchafrif - 20



Parties

Sports Hall Parties



- Whole Hall - £75
- Bouncy Castle Parties - £75
- Available on Saturdays from
 - 11 am to 12 pm
 - 1 pm to 2 pm

*Maximum number - 20

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

We can provide an area for food after the party.

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.



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.



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



Cyngor Sir
CEREDIGION
County Council

Canolfan Hamdden Teifi Leisure Centre,
College of Further Education Road,
Aberteifi/Cardigan, SA43 1HG
(01239) 621287
www.ceredigionactif.org.uk