

Sesiynau

CHWYTOBANDY

£4



Oed
8+
Age

INFLATABLE
Sessions

Dyddiadau/Dates
16/04/2025
23/04/2025

Amseroedd/Times
12.00 - 12.45
13.00 - 13.45
14.00 - 14.45

Mae bwcio a thalu o flaen
llaw yn hanfodol.
Pre-booking with
payment is essential

Rhaid i gyfranogwyr allu nofio 25 metr
yn hyderus a gallu mynd o dan y dwr.

Participants must be able to swim 25
meters and be confident going
underwater .

Canolfan Hamdden Plascrug Leisure Centre,
Plascrug, Aberystwyth, SY23 1HL
01970 624579
Plascrug-leisure@ceredigion.gov.uk
www.ceredigionactif.org.uk



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF