



Canolfan Hamdden

Caerfyrddin

01267 224700

WWW.ACTIF.CYMRU

Amserlen

Gweithgareddau

Iau



***GWIRIO SGILIAU:** Bydd angen i bob plentyn sy'n dymuno bod yn rhan o'n rhaglen gweithgareddau archebu a mynchu un o'n sesiynau gwirio sgiliau yn gyntaf er mwyn i ni asesu eich plentyn a'i chyfeirio at un o'n gweithgareddau.



DYDD LLUN

Pel Rwyd Mini
5:00yp – 5:45yp
£15.40 y mis



Pel-Droed Mini
5:00yp – 5:45yp
£3.70 y sesiwn
5-8oed



Gwirio Sgiliau
4:30 - 4:45yp
AM DDIM

DYDD MAWRTH

Amser Stori Actif
1:00pm -1:45pm
£3.70 y sesiwn
(Play Centre Included)



DYDD MERCHER

Beiciau Toddle
9:30yb – 10:15yb
£3.70 y sesiwn
(Yn cynnwys Canolfan Chwarae)



Beiciau Balans
5:00yp-5:45yp
£15.40 y mis

DYDD IAU

Soccer Tots
10:30am - 11:15am
£3.70 y session
(Yn cynnwys Canolfan Chwarae)



DYDD SADWRN

SBONCEN – I DDECHREUWYR

9:30YB -10:30YB
£3.70 a session

SBONCEN - GWELLA

10:30YB -12:30YB
£3.70 a session



Carmarthen Leisure Centre

01267 224700

WWW.ACTIF.WALES

Junior Activities Timetable



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



MONDAY

Mini Netball
5:00pm – 5:45pm
£15.40 a month



Mini Football
5pm -5:45pm
£3.70 a session



5-8yrs

Skills Check

4:30PM -4:45pm

FREE

TUESDAY

Actif Story Time
1:00pm -1:45pm
£3.70 a session
(Play Centre Included)



THURSDAY

Soccer Tots
10:30am - 11:15am
£3.70 a session
(Play Centre included)



WEDNESDAY

Toddle Bikes
9:30am -10:15am
£3.70 a session
(Play Centre Included)



Balance Bikes
5:00PM -5:45PM
£15.40 a month

SATURDAY

SQUASH - BEGINNERS
9:30AM -10:30AM
£3.70 a session

SQUASH - IMPROVERS
10:30AM -12:30AM
£3.70 a session