

### Morrison Leisure Centre Junior activities Timetable

	Monday	Dydd Llun
3.30pm - 6.00pm	Junior Swimming Lessons (3yrs+)	Gwersi Nofio Iau (3oed+)

	Thursday	Dydd Iau
4.30pm - 5.15pm	Gymnastics (4-5yrs)	Gymnasteg (4-5oed)
5.15pm - 6.00pm	Gymnastics (6-7yrs)	Gymnasteg (6-7oed)
6.00pm - 6.45pm	Gymnastics (8-13yrs)	Gymnasteg (8-13oed)

	Tuesday	Dydd Mawrth
4.30pm - 5.15pm	Gymnastics (4-6yrs)	Gymnasteg (4-6oed)
5.15pm - 6.00pm	Gymnastics (7-10yrs)	Gymnasteg (7-10oed)

	Friday	Dydd Gwener
3.30pm - 5.30pm	Junior Swimming Lessons (3yrs+)	Gwersi Nofio Iau (3-15oed)
4.15pm - 5.00pm	Football Skills (3-4yrs)	Sgiliau Pel-droed (3-4oed)
5.00pm - 6.00pm	Football Skills (5-7yrs)	Sgiliau Pel-droed (5-7oed)
6.00pm - 7.00pm	Futsal (8yrs+)	Futsal (8oed+)

	Wednesday	Dydd Mercher
4.00pm - 6.15pm	Junior Swimming Lessons (3yrs+)	Gwersi Nofio Iau (3oed+)
6.15pm - 7.15pm	Rookie Lifeguard Course	Cwrs Achub Bywyd I Ddechreuwyd

	Saturday	Dydd Sadwrn
9.00am - 11.45am	Junior Swimming Lessons (3yrs+)	Gwersi Nofio Iau (3oed+)
11.45am - 12.45pm	Rookie Lifeguard Course	Cwrs Achub Bywyd i Ddechreuwyd
12.45pm - 1.45pm	Survive and Save	Goroesi ac Arbed

**\*Children aged 11 AND currently attending a comprehensive school are permitted to attend these classes.** Blant 11 oed ar hyn o bryd yn mynychu AC ysgol gyfun chaniateir i fynychu'r dosbarthiadau hyn.

## Prices Prisiau

### Courses Cyrsiau

**Football Skills (8 weeks)** Pel-droed Cicwyr Bach (8 wythnos)

**Concession** Consesiwn **£30.00**, PTL PIH **£20.00**

**Swimming Lessons (10 weeks)** Gwersi Nofio Iau (10 wythnos)

**Concession** Consesiwn **£44.00**, PTL PIH **£32.00**

**Rookie Lifeguard Course (10 weeks)** Cwrs Achub Bywyd i Ddechreuwyd (10 wythnos)

**Concession** Consesiwn **£47.00**, PTL PIH **£35.00** Mae'n cynnwys tystysgrif)

**Gymnastics (8 weeks)** Gymnasteg (8 wythnos) **Concession** Consesiwn **£35.20**, PTL PIH **£25.60**

### Contact the centre for course details

Cysylltwch â'r ganolfan am fanylion y cyrsiau

**All classes are included in Active Swansea membership. Please book classes in advance as places are limited.** Caiff pob dosbarth ei gynnwys yn aelodaeth Abertawe Actif. Cadwch le ymlaen llaw ar gyfer y dosbarthiadau gan fod lleoedd yn brin.

### Contact Cysyllt

**Morrison Leisure Centre** Canolfan Hamdden Treforys

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**www.abertaweactif.com**