



Mae Tîm Ffit Conwy wedi trefnu dros 80 o sesiynau ychwanegol ar gyfer ein haelodau iau. NI FYDD y rhai 11-15 oed yn teimlo'n ddiflas! Mae'r amserlen yn llawn o weithgareddau ar draws canolfannau hamdden y sir, gan gynnwys Clwb Codi Pwysau NEWYDD i leuenctid.

\*Sylwer: Mae'r sesiynau hyn ar gael i Aelodau Iau yn unig - i ddarganfod mwy am yr aelodaeth, ewch i [ffitconwy.co.uk](http://ffitconwy.co.uk)

## CANOLFAN HAMDDEN COLWYN

### Clwb Codi Pwysau i leuenctid

- Dydd Llun, 3pm - 4pm: 22, 29 Gorff & 5, 12, 19 Awst
- Dydd Mawrth, 10am - 11am: 23, 30 Gorff & 6, 13, 20, 27 Awst
- Dydd Mercher, 1pm - 2pm: 24, 31 Gorff & 7, 14, 21, 28 Awst
- Dydd Iau, 10am - 11pm: 25 Gorff, & 1, 8, 15, 22, 29 Awst

### Sesiwn Pêl-droed Galw Heibio

- Dydd Mercher, 3pm - 4pm: 31 Gorff & 7, 14, 21 Awst



## CANOLFAN TENIS JAMES ALEXANDER BARR, COLWYN BAY

### Chwaraeon Raced Cymysg:

- Dydd Mercher, 11am - 12pm: 31 Gorff & 7, 14, 21 Awst

## CANOLFAN HAMDDEN LLANDUDNO JUNCTION

### Clwb Codi Pwysau i leuenctid

- Dydd Llun, 10am - 11am: 22, 29 Gorff & 5, 12, 19 Awst
- Dydd Mawrth, 3pm - 4pm: 23, 30 Gorff & 6, 13, 20, 27 Awst
- Dydd Mercher, 10am - 11am: 24, 31 Gorff & 7, 14, 21, 28 Awst
- Dydd Iau, 3pm - 4pm: 25 Gorff, & 1, 8, 15, 22, 29 Awst

## CANOLFAN HAMDDEN JOHN BRIGHT, LLANDUDNO

### Chwaraeon Raced Cymysg:

- Dydd Iau, 11am - 12pm: 1, 8, 15, 22 Awst

### Sesiwn Pêl-droed Galw Heibio

- Dydd Iau, 1pm - 2pm: 1, 8, 15, 22 Awst



## CANOLFAN HAMDDEN ABERGELE

### Chwaraeon Raced Cymysg

- Dydd Mawrth, 11am - 12pm: 30 Gorff, 6, 13, 20 Awst

### Sesiwn Pêl-droed Galw Heibio

- Dydd Mawrth, 1pm - 4pm: 30 Gorff, 6, 13, 20 Awst

### Clwb Codi Pwysau i leuenctid

- Dydd Mawrth, 3pm - 4pm: 30 Gorff, 6, 13, 20 Awst



## CANOLFAN HAMDDEN DYFFRYN CONWY, LLANRWST

### Chwaraeon Raced Cymysg

- Dydd Gwener, 11am - 12pm: 2, 9, 16 Awst

### Sesiwn Pêl-droed Galw Heibio

- Dydd Gwener, 1pm - 2pm: 2, 9, 16 Awst

### Clwb Codi Pwysau i leuenctid

- Dydd Gwener, 3pm - 4pm: 2, 9, 16 Awst

### NEWYDD: CLWB CODI PWYSAU I IEUENCTID

Yng Nghlwb Codi Pwysau i leuenctid, gall athletwyr ifanc 11-15 oed ddatblygu eu cryfder, techneg a hyder mewn amgylchedd cefnogol a hwyliog. Bydd ein hyfforddwy profiadol yn darparu rhaglenni hyfforddi wedi'u teilwra sy'n canolbwyntio ar dechnegau codi, diogelwch a ffitrwydd corfforol. Ein nod yw helpu pobl ifanc i gyflawni eu gorau ac i feithrin cariad gydol oes tuag at ffitrwydd.

Os ydych yn ddechreuwr neu'n edrych i wella eich sgiliau ymhellach, ymunwch â ni i adeiladu ar eich cryfder, i ddsygu sgiliau newydd ac i wneud ffrindiau ar yr un pryd!



Archebwch eich sesiynau rŵan ar Ap Ffit Conwy!

0300 456 95 25 [hamdden.leisure@conwy.gov.uk](mailto:hamdden.leisure@conwy.gov.uk)



# JUNIOR MEMBERS SUMMER HOLIDAYS ACTIVITIES



The Ffit Conwy team have organised over 80 extra sessions for our junior members.  
11-15 year olds WILL NOT be bored!

The timetable is jam-packed with activities across the county's leisure centres including the NEW Junior Lifting Club.  
Please note: These sessions are only available to junior members. Find out more about membership at [ffitconwy.co.uk](http://ffitconwy.co.uk)

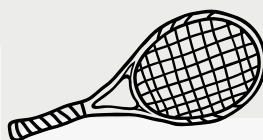
## COLWYN LEISURE CENTRE

### Junior Lifting Club

- Mondays, 3pm - 4pm: 22, 29 July & 5, 12, 19 August
- Tuesdays, 10am - 11am: 23, 30 July & 6, 13, 20, 27 August
- Wednesdays, 1pm - 2pm: 24, 31 July & 7, 14, 21, 28 August
- Thursdays, 10am - 11pm: 25 July, & 1, 8, 15, 22, 29 August

### Drop-in Football Session

- Wednesdays, 3pm - 4pm: 31 July & 7, 14, 21 August



## JAMES ALEXANDER BARR TENNIS CENTRE, COLWYN BAY

### Mixed Racket Sports

- Wednesdays, 11am - 12pm:
- 31 July & 7, 14, 21 August

## LLANDUDNO JUNCTION LEISURE CENTRE

### Junior Lifting Club

- Mondays, 10am - 11am: 22, 29 July & 5, 12, 19 August
- Tuesdays, 3pm - 4pm: 23, 30 July & 6, 13, 20, 27 August
- Wednesdays, 10am - 11am: 24, 31 July & 7, 14, 21, 28 August
- Thursdays, 3pm - 4pm: 25 July, & 1, 8, 15, 22, 29 August

## JOHN BRIGHT LEISURE CENTRE, LLANDUDNO

### Mixed Racket Sports

- Thursdays, 11am - 12pm: 1, 8, 15, 22 August

### Drop-in Football Session

- Thursdays, 1pm - 2pm: 1, 8, 15, 22 August



## ABERGELE LEISURE CENTRE

### Mixed Racket Sports

- Tuesdays, 11am - 12pm: 30 July, 6, 13, 20 August

### Drop-in Football Session

- Tuesdays, 1pm - 4pm: 30 July, 6, 13, 20 August

### Junior Lifting Club

- Tuesdays, 3pm - 4pm: 30 July, 6, 13, 20 August



## DYFFRYN CONWY LEISURE CENTRE, LLANRWST

### Mixed Racket Sports

- Fridays, 11am - 12pm: 2, 9, 16 August

### Drop-in Football Session

- Fridays, 1pm - 2pm: 2, 9, 16 August

### Junior Lifting Club

- Fridays, 3pm - 4pm: 2, 9, 16 August

### NEW: JUNIOR LIFTING CLUB

At Junior Lifting Club, young athletes aged 11-15 can develop strength, technique, and confidence in a supportive and fun environment.

Our experienced coaches provide tailored training programmes that focus on lifting techniques, safety, and physical fitness. We strive to help juniors achieve their personal bests and foster a lifelong love for fitness. Whether you're a beginner or looking to refine your skills, join us to build strength, learn new skills, and make friends along the way!



Book your sessions now via the Ffit Conwy App!

0300 456 95 25 [hamdden.leisure@conwy.gov.uk](mailto:hamdden.leisure@conwy.gov.uk)

