

**GWEITHGAREDDAU PLANT**  
**CHILDRENS ACTIVITIES**  
**Byw'n Iach Glaslyn, Porthmadog**  
**01766 512711**  
**25/05/26 - 31/05/26**



- Mynediad i ddosbarthiadau ffitrwydd dwysedd isel yn ystod y gwyliau.
- Cyrtau allanol am ddim i bobl ifanc (tu allan i archebion y ganolfan)
- Access to low-intensity fitness classes during the holidays
- Outdoor courts free for young people (outside of the centre's bookings)

Archebwch yn y ganolfan, neu ar-lein drwy sganio'r cod QR (archebu a thalu ymlaen llaw hyd at 10 diwrnod o flaen llaw).

Book at the centre or online by scanning the QR code (book and pay in advance up to 10 days ahead).

Dydd . Day	Amser . Time	Gweithgaredd . Activity	Pris . Price y sesiwn . per session
Dydd Mawrth Tuesday	09:00-09:30	Gwersi Datblygu Nofio Swimming Development Lessons	£6.90
	09:00 - 15:00	Camp Chwaraeon . Sport Camp 5-7 oes.yrs / 8-11 oed.yrs	£15.90
	15:00-17:00	Pasbort Ffitrwydd 11-15 oed Fitness Passbort 11-15 yrs	£9.00
Dydd Mercher Wednesday	09:00-09:30	Gwersi Datblygu Nofio Swimming Development Lessons	£6.90
	14:00 - 14:45	Gymansteg Rhiant a Plentyn 3-4 oed 3-4 year old Parent and Child Gymnastics	£3.00
Dydd Iau Thursday	09:00-09:30	Gwersi Datblygu Nofio Swimming Development Lessons	£6.90
	09:00 - 15:00	Camp Chwaraeon . Sport Camp 5-7 oed.yrs / 8-11 oed.yrs	£15.90
Dydd Gwener Friday	09:00-09:30	Gwersi Datblygu Nofio Swimming Development Lessons	£6.90
	12:00-12:30	Nofio Swigod 0-3 oed . Bubbles Swim 0-3 yrs	£6.90
	13:00-14:00	Chwarae i blant gyda Anghenion Ychwanegol Soft Play for children with Additional Needs	
Dydd Sadwrn Saturday	10:30-11:30	Nofio am Ddim 0-16 oed i aelodau Free Swimming aged 0-16 for members	Am ddim Free
Dydd Sul Sunday	10:30-11:30	Chwarae Meddal Dan Do 0-5 oed Indoor Soft Play Castle 0-5 yrs	£3.00