

Sesiynau Beicio Dros yr Haf



Dewch i ddysgu sgiliau
beicio newydd dros yr haf.
Cadwch eich lle heddiw!

Pob Sesiwn

£1

y person

Rhaid talu wrth
gadw'ch lle

Dydd Iau Awst 4^{ydd} 2.30pm - 4.30pm	Canolfan Hamdden Plas Arthur, Llangefni	Cynnal a chadw Beic Angen dod â beic eich hun	Gweithgaredd Plant a rhiant / gofalwr 16 o lefydd ar gael Oedrannau 8+ Bydd rhaid i blant fod yng nghwmni rhiant / gofalwr
Dydd Gwener Awst 5^{ed} 10.00am - 12.00pm	Parc Gwledig Penrhos, Caergybi	Taith dan arweiniad	Cyfarfod ym maes parcio ar Ffordd Traeth Penrhos, yn syth heibio ysbyty Stanley 16 o lefydd ar gael
Dydd Iau Awst 11^{eg} 2.30pm - 4.30pm	Canolfan Hamdden Plas Arthur, Llangefni	Sesiwn Hyfforddi Beicio Cymru Beiciau ar gael	Oedrannau 8 i 14 16 o lefydd ar gael
Dydd Gwener 12^{fed} Awst 10.00am - 12.00pm	Canolfan Hamdden Caergybi	Cynnal a chadw Beic Angen dod â beic eich hun	Gweithgaredd Plant a rhiant / gofalwr 16 o lefydd ar gael Oedrannau 8+ Bydd rhaid i blant fod yng nghwmni rhiant / gofalwr
Dydd Iau 18^{fed} Awst 2.30pm - 4.30pm	Lon las / Llyn Cefni Llangefni	Taith dan arweiniad	Man cyfarfod i'w gadarnhau
Dydd Gwener 19^{eg} Awst 10.00am - 12.00am	Canolfan Hamdden Caergybi	Sesiwn Hyfforddi Beicio Cymru Beiciau ar gael	Oedrannau 8 i 14 16 o lefydd ar gael
Dydd Iau 25^{ain} Awst 10.00am - 11.00am	Canolfan Hamdden Plas Arthur, Llangefni	Diogelwch ar y ffordd	Oedrannau i'w gadarnhau Nifer o lefydd i'w gadarnhau
Dydd Iau 25^{ain} Awst 2.30pm - 3.30pm	Canolfan Hamdden Caergybi	Diogelwch ar y ffordd	Oedrannau i'w gadarnhau Nifer o lefydd i'w gadarnhau
Dydd Gwener 26^{ain} Awst 9.15am Bws mini o Llangefni Man cyfarfod i'w gadarnhau	10.00am Coedwig Niwbwrch	Taith dan arweiniad Beicio Cymru	Oedrannau 8 i 14 Croeso i rieni 16 o lefydd ar gael (gan gynnwys rheni)

Am fwy o fanylion ac i gadw'ch lle, cysylltwch â
Chymunedau'n Gyntaf Llangefni / Caergybi ar
01407 762004 neu ewch draw i un o'n
canolfannau Cymunedau'n Gyntaf



Summer Biking Programme

PARTNERIAETH AWYR-AGORED
Profiad • Mwynhau • Llwyddo



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Learn New Biking Skills
Sessions for all ages

Book your place today!

All sessions

£1 per
person

**Payment to be
made at time of
booking**

Thursday 4th August 2.30pm - 4.30pm	Plas Arthur Leisure Centre Llangefni	Bike Maintenance Bring your bike with you	Friends & family activity Age 8+ Children must be accompanied by a parent / carer 16 spaces available
Friday 5th August 10.00am - 12.00pm	Penrhos Country Park Holyhead	Bike Ride & Treasure Hunt Bring your bike with you	Friends & family activity All ages welcome Meet at the car park on Penrhos Beach road, just after the Stanley hospital 20 spaces available
Thursday 11th August 2.30pm - 4.30pm	Plas Arthur Leisure Centre Llangefni	Welsh Cycling Skills Session Bikes available	Ages 8 to 14 16 spaces available
Friday 12th August 10.00am - 12.00pm	Holyhead Leisure Centre	Bike Maintenance Bring your bike with you	Friends & family activity Age 8+ Children must be accompanied by a parent / carer 16 spaces available
Thursday 18th August 2.30pm - 4.30pm	The Dingle & Cefni Lake Llangefni	Bike Ride & Treasure Hunt Bring your bike with you	Friends & family activity All ages welcome Meet at the Rugby Club car park 20 spaces available
Friday 19th August 10.00am - 12.00am	Holyhead Leisure Centre	Welsh Cycling Skills Session Bikes available	Age 8 to 14 16 spaces available
Thursday 25th August 10.00am - 11.00am 11.00am - 12.00pm	Plas Arthur Leisure Centre Llangefni	Road Safety Skills	Age 8 to 12 10 spaces available 10 spaces available
Thursday 25th August 2.00pm - 3.00pm 3.00pm - 4.00pm	Holyhead Leisure Centre	Road Safety Skills	Age 8 to 12 10 spaces available 10 spaces available
Friday 26th August 9.15am - 1.00pm	Newborough Forest 9.15am Mini Bus from Plas Arthur Leisure Centre Llangefni	Welsh Cycling Lead Ride Bikes available	Age 8 to 14 Parents Welcome 16 spaces available (including parents)

For further enquiries and to book your space contact:
CommunitiesFirst Llangefni / Holyhead 01407 762004
Or stop by at our CommunitiesFirst Centres



communities first cymunedau yn gyntaf



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL