



ABERTAW
CHWARAEON AC IECHYD
SPORT AND HEALTH
SWANSEA

Amserlen Cynllun Cenedlaethol i Atgyfeirio Cleifion i Wneud Ymarfer Corff Abertawe

www.abertawe.gov.uk/ners



Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru
Wales National Exercise
Referral Scheme (NERS)

GIG CYMRU
NHS WALES | Iechyd Cyhoeddus
Cymru
Public Health
Wales

Cyngor **Abertawe**
Swansea Council

@ChwaraeonAcIechydAbertawe @Chwaraeon_DSA @Chwaraeonaciechydca @sportandhealthccs

LC Swansea - 01792 466500

Llun	Maw	Mer	Iau	Gwe
Campfa 10:00-11:00 Janis	Campfa 10:00-11:00 Phil	Aerobeg Dŵr 9:00-9:45 Dawn (Amser Ysgol yn unig)	Campfa 10:00-11:00 Phil	Campfa 13:30-14:30 Dawn
Campfa 11:00-12:00 Janis	Campfa 14:00-15:00 Phil	Campfa 10:00-11:00 Janis	Campfa 14:00-15:00 Phil	
Cylchedu 13:30-14:30 Janis		Campfa 11:00-12:00 Janis		
Campfa 17:00-18:00 Janis		Campfa 13:00-14:00 Dawn		
		Symudiadau Ysgafn 13:30-14.30 Janis		

Canolfan Hamdden Penyrheol - 01792 897039

Llun	Maw	Mer	Iau	Gwe
Campfa 11:30-12:30 Lisa	Campfa 10:00-11:00 Ruth		Campfa 8:00-9:00 Ruth	Campfa 11:00-12:00 Mike
Tai Chi 13:00-14:00 Lisa	Cylchedu Cardiaidd 11:45-12:45 Ruth		Campfa 10:00-11:00 Ruth	
			Cylchedu Cardiaidd 12:30-1:30 Ruth	

Canolfan Hamdden Llandeilo Ferwallt - 01792 235040

Llun	Maw	Mer	Iau	Gwe
Campfa 11:00-12:00 Mike		Campfa 9:30-10:30 Chloe	Campfa 11:00-12:00 Mike	
Campfa 12:00-13:00 Mike		Campfa 10:30-11:30 Chloe	Campfa 12:00-13:00 Mike	
Campfa 17:00-18:00 Mike			Cylchedu Cardiaidd 13.30-14.30 Mike	

Canolfan Hamdden Pen-lan - 01792 588079

Llun	Maw	Mer	Iau	Gwe
Campfa 11:15-12:15 Chloe	Cylchedu 13:45-14:45 Kerry	Campfa 08:00-09:00 Lisa	Cylchedu 10:30-11:30 Lisa	Campfa 9:30-10:30 Dawn
Cylchedu 12:30-13:30 Chloe	Aerobeg Dŵr 14:15-15:00 Dawn	Campfa 09:00-10:00 Lisa	Aerobeg Dŵr 12:15-13:00 Chloe	
Campfa 16:30-17:30 Kerry		Campfa 11:15-12:15 Lisa	Cylchedu 13:45-14:45 Kerry	
		Tai Chi 12:15-13:15 Lisa		

Canolfan Hamdden Treforys - 01792 797082

Llun	Maw	Mer	Iau	Gwe
Campfa 11:00-12:00 Phil		Campfa 11:00-12:00 Phil		Campfa 11:00-12:00 Phil
		Sesiynau Cylchedu Ysgafn 16:00-17:00 Phil		

Hazel Court - 07920560231 (Mike)

Llun	Maw	Mer	Iau	Gwe
		Cryfder a Chydbwysedd 12.30-13:30 Mike		Cryfder a Chydbwysedd 13:00-14:00 Mike
		Sesiynau Cylchedu Ysgafn 13:45-14:30 Mike		Cylchedu 14:15-15:00 Mike

Canolfan Hamdden Cefn Hengoed - 01792 798484

Llun	Maw	Mer	Iau	Gwe
Campfa 13.30-14.30 Dawn			Campfa 10:00-11:00 Dawn	
			Campfa 11:00-12:00 Dawn	