



19fed Awst 2022
Ysgol Penrhos
10:00yb-1:00yp

19th August 2022
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10:00am-1:00pm

Diwrnod cymunedol haf
 Actif – Bore llawn hwyl i
 gadw'r teulu cyfan yn
 egniol.

Actif summer community
 day – A Fun filled
 morning to keep the
 whole family active.

Dewch i weld 'Fusion extreme' sydd yn ddeiliaid record byd yn llyfr Guinness yn perfformio sioe styntiau ar feiciau. Tîm diogelwch ffyrdd - sesiynau sgwteri a beiciau.



Come and see Guinness world record holders 'Fusion extreme' perform a bike stunt show. The Road safety team - scooter and bike sessions.

Dr Bike – unrhyw fân broblemau gyda'ch beic? Beiciwch i lawr a chael archwiliad o'ch beic.

Dr Bike – any minor issues with your bicycle? Cycle down and have your bike checked.

Tîm Cymunedau Actif yn darparu amrywiaeth o weithgareddau hwyliog, diogel a diddorol megis aml-sgiliau (e.e. rhedeg, taflu, dal a chicio pêl mewn gemau llawn hwyl) a sesiynau chwaraeon penodol i deuluoedd.



The Actif Communities team will deliver a range of fun, safe and engaging activities such as multi skills (e.g running, throwing, catching & kicking in fun activity games) and sport specific sessions for families.

Bydd y tîm chwarae stryd 'people speak up' yn dod â gweithgareddau celf a chrefft, gemau bwrdd Jenga a Jenga anferth, Connect 4 anferth, cylchynau a phob math o offer chwaraeon ynghyd â'r opsiwn i greu straeon gan ddefnyddio dis stori.

The people speak up street play team will bring arts and crafts, giant and table Jenga, giant connect 4, hoops and all types of sport equipment along with the option to create stories using story dice



Rhad ac am ddim!
Free event!



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