



Dolwyddelan School

Monday evening 6.15pm

£6 per session or £17 per month membership

All fitness levels welcome

Legs, Bums & Tums

Work your butt, tone your thighs, flatten your stomach and shape your arms.

Target those problem areas with this low impact muscular endurance class for an all over body workout.



01492 575 556 / 07717 543698

tim.ballam@conwy.gov.uk

www.conwy.gov.uk



Cylch Ti a Fi Dolwyddelan

Dolwyddelan School

Thursday afternoon 1.00 – 3.00pm

£2 per child
(includes craft activity and snack)

For more information contact:
Penny Hughes (Leader)
07920 026 775

Everyone is very welcome!

The Cylch Ti a Fi is a fantastic place for parents and guardians to meet in an informal atmosphere. You can bring your newborns and pre-school children with you to play with other children at the Cylch Ti a Fi.

The children will be given the opportunity to enjoy play with a variety of toys, arts and crafts, and sing Welsh songs. Also a healthy snack will be given to the children and a cup of tea/coffee for the parents/guardians.

It's a brilliant opportunity for you to meet, socialise and share experiences in an informal Welsh atmosphere.



www.meithrin.cymru