



Mentrol Allan

**Cwrs Blasu
Caiacio
Dan Do**

**Indoor
Kayaking
Taster Course**

Canolfan Hamdden Amlwch Leisure Centre



Bob Nos Fawrth am 6 wythnos
Yn dechrau 19eg Ionawr 2010
Every Tuesday night for 6 weeks
Starting 19th January 2010

**Amser/Time: 8pm - 9pm
Pris y cwrs/Course cost: £15**

**Mae'r prosiect Mentrol Allan
wedi ei anelu tuag at
ferched o oedran 16 i 30**

**Am fanylion pellach
Cysylltwch â Ceri**

**The Mentrol Allan project
is aimed at women from
the ages of 16 to 30**

**For further information
Contact Ceri**

Ceri Jones
Uned Datblygu Chwaraeon/ Sports Development Unit
Plas Arthur, Llangefni
Ffôn/Tel: **01248 751895** Ffôn Symudol/Mobile **07818093964**
E-bost/E-mail cjxh@anglesey.gov.uk