



Mentor Allan

Cwrs Blasu Caiacio Dan Do

**Canolfan Hamdden
Caerdybi**

Bob Nos Fercher am
6 wythnos

Yn dechrau 21ain Ebrill 2010

**Amser: 8.30pm - 9.30pm
Pris y cwrs: £15**

Indoor Kayaking Taster Course

**Holyhead
Leisure Centre**

Every Wednesday Night
for 6 weeks

Starting April 21st 2010

**Time: 8.30pm - 9.30pm
Course Cost: £15**

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

**Am fanylion pellach
Cysylltwch â Ceri**

**The Mentor 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

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