

CLWB Y LLAN yn cyflwyno / present

**DIWRNOD DAWNSFLAS gan
DANCETASTIC DAYS by
DAWNS I BAWB**



Diwrnod HWYLIOG yn blasu dawns a PHARTI Twmpath
FUN Tasters for all and a Twmpath PARTY!

Sadwrn 20 Ebrill / Saturday 20 April 2013

PENMACHNO, Neuadd Ty'n y Porth



CYFLE I BROFI

- 10.10 - 10.55 Rhieni a Plant Bach
 - 11.00 - 12.00: Pobl 60+ oed, dawns dyner ac ymarfer corff
 - 12.00 - 13.15: Amser cinio: dewch a bwyd gyda chi
 - 13.30 - 14.15: KidZ (4-6 mlwydd oed)
 - 14.20 - 15.15: JuniorZ (7-11 mlwydd oed) DAWNS STRYD
 - 15.20 - 16.15: Teens (11+) DAWNS STRYD
 - 16.20 - 17.15: Zumba 16+ a oedolion
- £1 y sesiwn**

TASTERS

- 10.10 - 10.55 Parents & Toddlers
- 11.00 - 12.00: Over 60's, Dance and Gentle Exercise
- 12.00 - 13.15: Lunch break: bring your own food.
- 13.30 - 14.15: KidZ (4-6 years old)
- 14.20 - 15.15: JuniorZ (7-11 years old) STREET DANCE
- 15.20 - 16.15: Teens (11+) STREET DANCE
- 16.20 - 17.15: Zumba 16+ and Adults

cost: £1 per taster

PARTI TWMPATH PARTY gyda / with TWMPATHOLOGY

18.30-21.00 : A DDIM / FREE

01286 685 220 / www.dawnsibawb.org



The National Lottery / Y Loteri Gwladhaethol



CONWY

