



HEINI·ACTIVE  
CAMBRIA


# Autumn Term

Bersham timetable

	12.15pm - 1pm	4pm - 4.45pm
Tuesday	Dodgeball	Football

Footballs, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team (lanyards will need to be handed in when taking out equipment).


The techno gym at Yale can be used by staff and students. Email [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) for an induction.



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# Tymor yr Hydref

Amserlen  
Ffordd y Bers

	12.15pm - 1pm	4pm - 4.45pm
Mawrth	Pêl-osgoi	Pêl-droed

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl droed, tennis bwrdd a phêl-fasged. Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan.

Gall staff a myfyrwyr ddefnyddio'r gampfa techno yn lâl, anfonwch e-bost at [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) ar gyfer sesiwn ymsefydlu.



Sganiwch y cod ar gyfer dosbarthiadau ar-lein



Sganiwch y cod ar gyfer dosbarthiadau ar-lein wedi'u recordio ymlaen llaw



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# Autumn Term

Deeside timetable

	12.10pm - 1pm Sportshall/Athletics Centre	12.20pm - 12.50pm Lifestyle fitness	4pm - 4.45pm Athletics centre/sportshall
Monday	Football/Badminton	Fitness Pilates	Multi sports
Tuesday	Badminton/Table tennis	Body pump	
Wednesday	Dodgeball/Badminton	Spin	Multi sports
Thursday	Football/Badminton	Circuit session	
Friday	Basketball	Yoga	

Football training for those wishing to join the football teams.  
This takes place 1.15pm - 2.30pm on the football pitch (boots and shin pads are required).

The Active room G52 is available for staff and classes to play table tennis, meditation, physical activities and other online sessions.  
Email [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) to book in.

The athletics track can be used in college time by both staff and students. Book through sports reception.

Table tennis equipment can be signed out at the main reception.



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	12.10pm - 1pm Neuadd Chwaraeon/ Canolfan Athletau	12.20pm - 12.50pm Lifestyle fitness	4pm - 4.45pm Canolfan Athletau/neuadd chwaraeon
Llun	Pêl-droed/Badminton	Ffitrwydd Pilates	Aml chwaraeon
Mawrth	Badminton/Tennis bwrdd	'Body pump'	
Mercher	Pêl-osgoi/Badminton	Troelli	Aml chwaraeon
Iau	Pêl-droed/Badminton	Sesiwn cylchol	
Gwener	Pêl-fasged	Ioga	

Hyfforddiant pêl-droed ar gyfer y rhai sy'n dymuno ymuno â'r timau pêl-droed. 1.15pm tan 2.30pm.  
Mae'n cael ei gynnal ar y cae pêl-droed. (Mae esgidiau a gard crimog yn ofynnol).

Mae ystafell Ffitrwydd G51 ar gael i staff a dosbarthiadau i chwarae badminton, myfyrdod, gweithgareddau corfforol a sesiynau ar-lein eraill. Anfonwch e-bost at [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) i gadw lle.

Gall staff a myfyrwyr ddefnyddio'r trac athletau yn ystod amser y coleg. Cadwch le yn y dderbynfa chwaraeon.

Gallwch arwyddo am gyfarpar tennis bwrdd o'r brif dderbynfa.



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	12.10pm - 1pm	4.15pm - 5pm	5pm - 5.45pm
Monday	Basketball (Sportshall)	Techno gym	Circuits (Gym)
Tuesday	Techno gym	Techno gym	
Wednesday	Techno gym	Techno gym	
Thursday	Football (Sportshall)	Techno gym	
Friday	Boxercise (Gym)		

Basketball training - Monday 4.15pm - 5pm with coach Dan.

The Active room (H block) is available for staff and classes to use. Keys can be signed out at the main reception.  
Email [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) to book in.

Table tennis equipment can be signed out at the main reception.


Staff can use the Techno gym before work, lunchtime and after college until H block closes. During term time the gym is a classroom and shouldn't be used. NO SOLO training. All staff and students need an induction, email [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) to book in.



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	12.10pm - 1pm Amser Cinio	4.15pm - 5pm	5pm - 5.45pm Campfa
Llun	Pêl-fasged (Neuadd Chwaraeon)	Campfa Techno	Hyfforddiant Cylchol (Campfa)
Mawrth	Campfa Techno	Campfa Techno	
Mercher	Campfa Techno	Campfa Techno	
Iau	Pêl-droed Neuadd Chwaraeon	Campfa Techno	
Gwener	Bocsio (Campfa)		

Hyfforddiant pêl-fasged gyda Dan yr hyfforddwr. Dydd Llun o 4.15pm tan 5pm.

Mae'r ystafell Ffitrwydd (Bloc H) ar gael i staff a dosbarthiadau i'w defnyddio. Gallwch arwyddo am oriadau yn y brif dderbynfa. Anfonwch e-bost at [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) i gadw lle.

Gallwch arwyddo am gyfarpar tennis bwrdd o'r brif dderbynfa.

Gall staff ddefnyddio campfa Techno cyn gwaith, amser cinio ac ar ôl y coleg nes bod bloc H yn cau. Yn ystod y tymor mae'r gampfa yn ystafell ddosbarth ac ni ddylid ei defnyddio. DIM hyfforddi yn UNIGOL. Mae angen i'r holl staff a myfyrwyr gael e-bost ymsefydlu gan [active.cambria@cambria.ac.uk](mailto:active.cambria@cambria.ac.uk) i gael sesiwn ymsefydlu.



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# Autumn Term

Northop timetable

	12.15pm - 1pm Front green or sportshall	4.45pm - 5.30pm
Monday	Boxercise	
Wednesday	Multi sports/Football for all	Yoga
Friday	Multi sports/ Football for all	


Football, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team or library staff.  
(lanyards will need to be handed in when taking out equipment)



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# Tymor yr Hydref

Llaneurgain  
Amserlen

	12.15pm - 1pm Cae blaen neu neuadd chwaraeon	4.45pm - 5.30pm
Llun	Bocsio	
Mercher	Aml chwaraeon/ Pêl-droed i bawb	Ioga
Gwener	Aml chwaraeon/ Pêl-droed i bawb	

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged. Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan.



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# Autumn Term

Llysfasi timetable

	12.15pm - 1pm	4pm - 4.45pm
Thursday	Multi sports	Multi sports

Footballs, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team or library staff (lanyards will need to be handed in when taking out equipment).



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# Tymor yr Hydref

Llysfasi Amserlen

	12.15pm - 1pm	4pm - 4.45pm
Iau	Aml chwaraeon	Aml chwaraeon

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged. Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan.



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