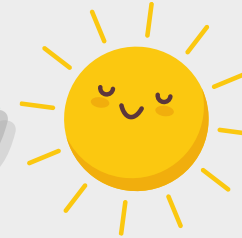




HEINI·ACTIVE
CAMBRIA

Summer Term



Bersham timetable

	12.15pm - 1pm	5pm - 5.45pm
Monday	Darts - You must book in email michael.vernon@cambria.ac.uk	Football Yale site

Football, 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 for an induction.



Scan the code for online classes



Scan the code for online pre-recorded classes



Join the Active Cambria classroom
mmjsofv

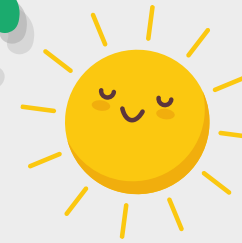
@activecambria





HEINI·ACTIVE
CAMBRIA

Tymor yr Haf



Amserlen
Ffordd y Bers

	12.15pm - 1pm	5pm - 5.45pm
Dydd Llun	Dartiau - mae'n rhaid i chi gadw lle, anfonwch e-bost at michael.vernon@cambria.ac.uk	Pêl-droed safle lâl

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 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

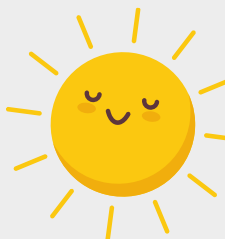


Ymunwch â'r
dosbarth Cambria
Heini **mmjsofv**

@activecambria



Summer Term



Deeside timetable

	12.10pm - 1pm Sportshall/Athletics Centre	12.20pm - 12.50pm Lifestyle fitness	4pm - 4.45pm Athletics centre/sportshall
Monday	Football/Badminton PAL's session	Fitness Pilates	Volleyball
Tuesday	Badminton/Table tennis	Body pump	
Wednesday	Dodgeball/Badminton	PAL's sessions 12.30pm till 1pm Couch to 5km 1pm till 2pm	Couch to 5km
Thursday	Football/Badminton		
Friday	Basketball	Couch to 5km-Running track	

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 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.



Scan the code for online classes



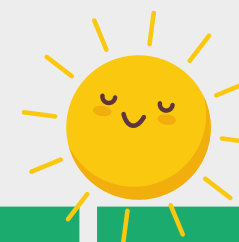
Scan the code for online pre-recorded classes



Join the Active Cambria classroom [mmjsofv](#)

@activecambria





	12.10pm - 1pm Neuadd Chwaraeon/ Canolfan Athletau	12.20pm - 12.50pm Lifestyle fitness	4pm - 4.45pm Canolfan Athletau/neuadd chwaraeon
Dydd Llun	Pêl-droed/Badminton	Ffitrwydd Pilates	Pêl-foeli
Dydd Mawrth	Badminton/Tennis bwrdd	'Body pump'	
Dydd Mercher	Pêl-osgoi/Badminton	Sesiynau Arweinwyr Heini Cadarnhaol 12.30pm tan 1pm Couch to 5K 1pm tan 2pm	Couch to 5k
Dydd Iau	Pêl-droed/Badminton		
Dydd Gwener	Pêl-fasged	Couch to 5k - trac rhedeg	

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 pêl-droed 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 i gadw lle.

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

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



Sganiwch y cod ar gyfer dosbarthiadau ar-lein



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

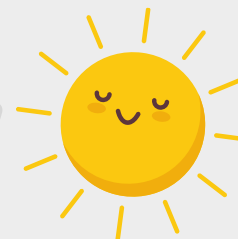


Ymunwch â'r dosbarth Cambria Heini [mmjsofv](https://www.facebook.com/mmjsofv)

@activecambria



Summer Term



Yale timetable

	12.10pm - 1pm	4.15pm - 5pm
Monday	Basketball (Sportshall) Spin 12.15pm till 12.45pm	Techno gym
Tuesday	Techno gym	Techno gym
Wednesday	Techno gym PAL's session only	
Thursday	Football (Sportshall)	Techno gym Basketball
Friday	Boxercise (Gym) Girls football	

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 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 to book in.



Scan the code for online classes



Scan the code for online pre-recorded classes



Join the Active Cambria classroom
[mmjsofv](#)

@activecambria





	12.10pm - 1pm	4.15pm-5pm
Dydd Llun	Pêl-fasged (neuadd chwaraeon) Troelli 12.15pm tan 12.45pm	Campfa Techno
Dydd Mawrth	Campfa Techno	Campfa Techno
Dydd Mercher	Campfa Techno - sesiwn Arweinwyr Heini Cadarnhaol yn unig	
Dydd Iau	Pêl-droed (Neuadd Chwaraeon)	Campfa Techno Pêl-fasged
Dydd Gwener	Bocsio (Campfa) Pêl-droed merched	

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 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 i gael sesiwn ymsefydlu.



Sganiwch y cod ar gyfer dosbarthiadau ar-lein



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



Ymunwch â'r dosbarth Cambria Heini **mmjsofv**

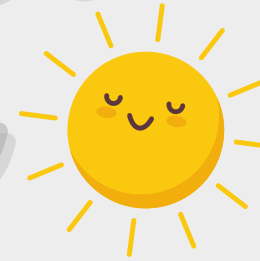
@activecambria





HEINI·ACTIVE
CAMBRIA

Summer Term



Northop timetable

	12.45pm - 1.30pm Front green or sportshall	4.45pm - 5.30pm
Monday	Boxercise	
Wednesday		Fitness Pilates
Friday	Multi sports	

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)



Scan the code for online classes



Scan the code for online pre-recorded classes



Join the Active Cambria classroom
mmjsofv

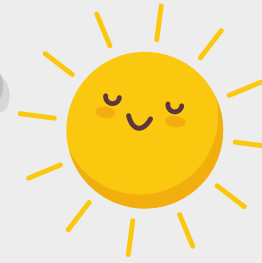
@activecambria





HEINI·ACTIVE
CAMBRIA

Tymor yr Haf



Amserlen
Llaneurgain

	12.45pm - 1.30pm Cae blaen neu neuadd chwaraeon	4.45pm - 5.30pm
Dydd Llun	Bocsio	
Dydd Mercher		Ffitrwydd Pilates
Dydd Gwener	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).



Sganiwch y cod ar gyfer dosbarthiadau ar-lein



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



Ymunwch â'r dosbarth Cambria Heini **mmjsofv**

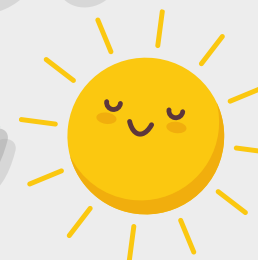
@activecambria





HEINI·ACTIVE
CAMBRIA

Summer Term



Llysfasi timetable

	2pm - 4pm	5pm
Wednesday	PAL's session Netball and gym session	Rugby

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).



Scan the code for
online
classes



Scan the code for
online
pre-recorded
classes



Join the Active
Cambria classroom
mmjsofv

@activecambria

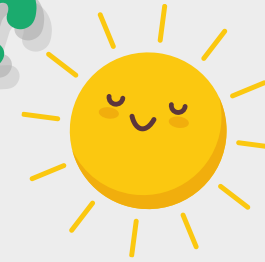




HEINI·ACTIVE
CAMBRIA

Tymor yr Haf

Amserlen Llysfasi



	2pm - 4pm	5pm
Dydd Mercher	Pêl-rwyd sesiwn Arweinwyr Heini Cadarnhaol a sesiwn gampfa	Rygbi

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).



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



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



Ymunwch â'r
dosbarth Cambria
Heini **mmjsofv**

@activecambria

