



HEINI·ACTIVE
CAMBRIA

Winter Term

Bersham timetable

	12.15pm - 1pm	5pm - 6pm
Monday		

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 activecambria@cambria.ac.uk for an induction.



Scan the
code for
online
classes



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Cambria classroom
mmjsofv

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HEINI·ACTIVE
CAMBRIA

Tymor yr Gaeaf

Amserlen
Ffordd y Bers

	12.15pm - 1pm	5pm - 6pm
Dydd Llun		

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 laniardiau i mewn wrth gymryd offer allan.

Gall staff a myfyrwyr ddefnyddio'r gampfa techno yn lâl, anfonwch e-bost at cambriaheini@cambria.ac.uk ar gyfer sesiwn ymsefydlu.



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Winter Term



Deeside timetable

	12.10pm - 1pm Sportshall/Athletics Centre	12.15pm - 12.45pm Lifestyle fitness	Athletics centre/sportshall
Monday	Badminton	Fitness Pilates	
Tuesday	5 a side Football		
Wednesday	Dodgeball/Handball	Body pump	
Thursday	Badminton	Hyrox training	
Friday	Basketball	Spin	

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.



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	12.10pm - 1pm Neuadd Chwaraeon/ Canolfan Athletau	12.20pm - 12.50pm Lifestyle fitness	Canolfan Athletau/neuadd chwaraeon
Dydd Llun	Badminton	Ffitrwydd Pilates	
Dydd Mawrth	Pêl-droed 5 bob ochr		
Dydd Mercher	Pêl-osgoi/Pêl-law	'Body pump'	
Dydd Iau	Badminton	Hyfforddiant Hyrox	
Dydd Gwener	Pêl-fasged	Troelli	

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 tenis fwrdd, myfyrdod, gweithgareddau corfforol a sesiynau ar-lein eraill.
Anfonwch e-bost at cambriaheini@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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❄️ Winter Term ❄️

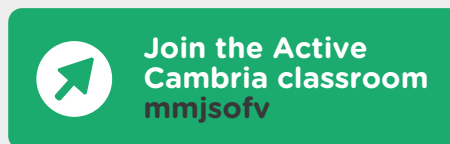
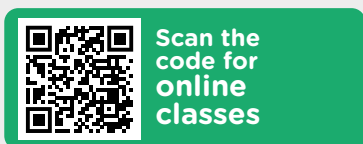
Yale timetable

	12.10pm - 1pm	4.15pm - 5pm
Monday	Basketball/Badminton (Sportshall)	Techno gym
Tuesday	Pilates Dance studio H block /Techno gym	Techno gym
Wednesday	Techno gym PAL's session only	
Thursday	Football (Sportshall)	Techno gym
Friday	Boxercise (Gym) (Staff only)	

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



	12.10pm - 1pm	4.15pm-5pm
Dydd Llun	Pêl-fasged/Badminton (neuadd chwaraeon)	Campfa Techno
Dydd Mawrth	Pilates Stiwdio Ddawns Bloc H / Campfa Techno	Campfa Techno
Dydd Mercher	Campfa Techno - sesiwn Arweinwyr Heini Cadarnhaol yn unig	
Dydd Iau	Pêl-droed (Neuadd Chwaraeon)	Campfa Techno
Dydd Gwener	Bocsio (Campfa) (staff yn unig)	

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 cambriaheini@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 cambriaheini@cambria.ac.uk i gael sesiwn ymsefydlu.



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Northop timetable

Monday	Boxercise 12.30pm till 1pm	
Wednesday		Fitness Pilates 4.45pm till 5.30pm
Thursday	Multi sports 12pm till 1.30pm	

Football, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team or library staff.
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Tymor yr Gaeaf



Amserlen
Llaneurgain

Dydd Llun	Bocsio	
Dydd Mercher		Ffitrwydd Pilates 4.45pm tan 5.30pm
Dydd Iau	Aml chwaraeon 12pm tan 1.30pm	

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 laniardiau i mewn wrth gymryd offer allan).



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Winter Term

Llysfasi timetable

	Multi sports 12pm till 1pm	1pm till 2pm
Wednesday	Activities in the Active room	PAL's session Netball and gym session

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 Gaeaf

Amserlen Llysfasi

	Aml Chwaraeon 12pm tan 1pm	1pm tan 2pm
Dydd Mercher	Gweithgareddau yn yr Ystafell Heini	Pêl-rwyd sesiwn Arweinwyr Heini Cadarnhaol a sesiwn gampfa

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 laniardiau i mewn wrth gymryd offer allan).



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