



Mentro Allan Bro Ddyfi

Active in the Outdoors

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Cydllynydd & Ymchwilydd Gweithgareddau *Co-ordinator & Activities Researcher*

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Day	Activity	Start/place	Time	Who	Dates
Monday	Dyfi Climbers Club	Bro Ddyfi Leisure Centre, Machynlleth	7-9pm	Aged 9-14 from 7-8pm and aged 14+ 8-9pm	Every other Monday + Trips. Pete Rigby, Chief Instructor, Ty'n y Berth Mountain Centre, 01654 761678 peter.tynyberth@widehorizons.org.uk
Tuesday	Get Growing Machynlleth	Gerddi Bro Dddyfi Gardens, Y Plas, Machynlleth	10am-12	All	20 week course starting March 09
	Buggy Walk Corris	Yr Institiwt, Corris, returning their for coffee	10.30am-12	Carers/parents with babies & toddlers	Weekly. Open Day and Picnic May 19 th All welcome!
Wednesday	Get Growing Ynyslas	Ynyslas Gardens, Ynyslas	10am-12	All	20 week course starting March 09
	Outside Education Forest School	Ty Gwyn, Forge	10.30am-2.15pm	Home educated and pre-school families	6,13, 27 May, 10,24 June, 8 July: BOOKINGS ONLY. Conservation/open day 2 May: ALL WELCOME
	Walkaround Bro Ddyfi	Bro Ddyfi Leisure Centre, Machynlleth	6-7.15pm	All: beginner/moderate level	Throughout the summer
Thursday	Buggy Walk Machynlleth	Bro Ddyfi Leisure Centre, Machynlleth	11-12.15	Carers/parents with babies & toddlers	Weekly
	Walkaround Bro Ddyfi	Bro Ddyfi Leisure Centre, Machynlleth	2-3.15pm	All: beginner/moderate level	Weekly
	Cycling	Bro Ddyfi Leisure Centre, Machynlleth	2-3/4pm	All: beginner/moderate level	Weekly
Friday	Pregnancy yoga £2	Ty Melfed	10.30am-12.00	Pregnant women	April 24, May 1,8,15, June 5,19, Oct 2,9,18, Nov 6,13,20
	Early Years Gardening	Gerddi Bro Dddyfi Gardens, Y Plas, Machynlleth	10am-12	Pre-school children and carers/parents	10 weeks from April 24 (not May 29)
Saturday	Cycling	Bro Ddyfi Leisure Centre, Machynlleth	9.15-10.15am	All: beginner level	By arrangement
	Mountain Biking	Bro Ddyfi Leisure Centre, Machynlleth	10.30am-1pm	All: moderate level	By arrangement

Especially young people

Pre-school families/carers

Pregnant women