

CYMUNED MET MET COMMUNITY

Chwaraeon Met Caerdydd | Cardiff Met Sport

Rise
Raising spirits, reaching goals


**Cynllun
Hamdden Actif
60+
Active Leisure
Scheme**

Symud Mwy | Move More **SYMUDEDD | MOBILITY**

Dosbarth Symudedd Eistedd wedi'i ysbrydoli gan chwaraeon -
Wedi'i Hyfforddi gan Rise.

Bob Dydd Llun | 4 Mawrth 2024 | 11.30yb - 12.30yp.
Hyb Llanrhymini | £3.50 | Dros 50 oed

Sport Inspired Seated Mobility Class - Coached by Rise.
Every Monday | 4 March 2024 | 11.30am - 12.30pm.
Llanrumney Hub | £3.50 | Over 50's.

Eisiau gwybod mwy?

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Want to know more?

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