



Hamdden HARLECH Leisure

Beach Road, Harlech. LL46 2UG

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www.harlechardudwyleisure.org.uk

e: manager@harlechardudwyleisure.org.uk

**NEWSLETTER – CYLCHLYTHYR
MAWRTH – MARCH 2024**

Hi!

Spring is in the air, and we're all fed up with being indoors after a long winter. It's still not nice enough to venture outside, so why not burn off some energy at Harlech Pool instead – we've got loads going on!

Spring into Action!

If you're already fit as an Easter bunny, why not sign up for the Aquathlon at the pool on 17th March! For more details, click [here](#)

You could follow that up with the Triathlon on 14th April – for more details, click [here](#).

Style it Out

We're about to start adult swimming lessons. If you want to brush up your backstroke or finally master the front crawl, now's your chance. Ring us on 01766 780 576 or email manager@harlechardudwyleisure.org.uk for more details and to book in.

Splash the Cash!

Feeling lucky? Why not sign up for the HAL Lottery and you could be one of our HAL Winners like Hannah Jones who won £112, David Naylor who won £80.80, Caroline Jackson who won £80 and Jayne and Jamie Jackson who won £69! Congratulations all!

If you fancy helping the Pool funds and being in with a chance to win cash prizes, just download the form [here](#), fill it out and return it to our friendly reception team.

Charity Swim

And finally, let's all cheer on Isla in her challenge to swim 11 miles in 12 weeks, which is a very tough challenge for a 10 year old! She's doing it to raise money for Diabetes UK and us here at Harlech Arduwy Hamdden Leisure. In Isla's own words "I want to help keep my local pool open so I can enjoy it with all of my friends. We have so much fun every Wednesday night at the youth fun session in the pool." Our charity money boxes will be in shops around Harlech, or you can donate online here.

<https://swim22.diabetes.org.uk/fundraising/isla2025...>

If any other kids or adults wants to join this swim challenge all the information is on this website below and let us know so we can share your story... <https://www.diabetes.org.uk/get.../fundraising-events/swim22>

Don't forget, we offer pool parties with inflatables and on-site café for all ages...splash out!

For more info, ring 01766 780576 or email us at: manager@harlechardudwyleisure.org.uk

THANK YOU! IT'S YOUR POOL, GET OUT THERE AND IN THE WATER!



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Helo!

Mae'r gwanwyn yn yr awyr, ac rydyn ni i gyd wedi cael llond bol ar fod dan do ar ôl gaeaf hir. Dyw hi dal ddim yn ddigon braff i fentro allan, felly beth am losgi ychydig o egni ym Mhwll Harlech – mae gennym ni lwyth o bethau ymlaen!

Mae'r Gwanwyn yma!

Os ydych chi yn ffit fel cwningen Pasg, beth am gofrestru ar gyfer yr Aquathlon yn y pwll ar 17eg Mawrth! Am fwy o fanylion, cliciwch [yma](#)

Gallech ddilyn hynny gyda'r Triathlon ar 14 Ebrill – am fwy o fanylion, cliciwch [yma](#).

Gwersi Nofio i Oedolion

Rydyn ni ar fin dechrau gwersi nofio i oedolion. Os ydych chi am wella'ch eich stroc, dyma'ch cyfle.

Ffoniwch ni ar 01766 780 576 neu e-bostiwch: manager@harlechardudwyleisure.org.uk am fwy o fanylion ac i archebu lle.

Arian Parod a r gael!

Teimlo'n lwcus? Beth am gofrestru ar gyfer y Loteri HAL a gallech chi fod yn un o'n enillwyr HAL fel Hannah Jones a enillodd £112, David Naylor a enillodd £80.80, Caroline Jackson a enillodd £80 a Jayne a Jamie Jackson a enillodd £69! Llongyfarchiadau i chi gyd!

Os ydych chi awydd helpu cronfeydd y Pŵl a chael cyfle i ennill gwobrau ariannol, lawrlwythwch y fffurflen [yma](#), llenwch hi a'i dychwelyd i'n tîm derbynfa cyfeillgar.

Nofio Elusennol

Ac yn olaf, gadewch i ni i gyd godi calon Isla yn ei her i nofio 11 milltir mewn 12 wythnos, sy'n her anodd iawn i blentyn 10 oed! Mae hi'n ei wneud i godi arian i Diabetes UK a ni yma yn Harlech Ardudwy Hamdden. Yng ngeiriau Isla ei hun "Rydw i eisiau helpu i gadw fy mhwl lleol ar agor fel y gallaf ei fwynhau gyda fy holl ffrindiau. Rydyn ni'n cael gymaint o hwyl bob nos Fercher yn y sesiwn hwyl ieuentid yn y pwll." Bydd ein blychau arian elusennol mewn siopau o amgylch Harlech, neu gallwch gyfrannu ar-lein [yma](#).

Os oes unrhyw blant neu oedolion eraill eisiau ymuno â'r her nofio hon mae'r holl wybodaeth ar y wefan hon isod a rhowch wybod i ni fel y gallwn rannu eich stori...clic [yma](#).

Peidiwch ag anghofio, rydym yn cynnig partïon pŵll a chaffi ar y safle ar gyfer pob oed !

Am fwy o wybodaeth, ffoniwch 01766 780576 neu e-bostiwch ni ar:

manager@harlechardudwyleisure.org.uk

DIOLCH! EICH PWLL CHI, EWCH YNO AC I FEWN I'R DWR!