



Therapi Adlam



Beth yw Therapi Adlam?

Mae Therapi Adlam yn defnyddio trampolîn i roi symudiadau llawn hwyl tebyg i drampolinio i bobl ifanc heb adael y trampolîn.

Beth yw'r manteision?

Mae Therapi Adlam yn gwella symudiad, cydbwysedd a chyflyru'r cyhyrau a helpu pobl ifanc i ymlacio a datblygu ffitrwydd a chyfathrebu.

DIM OND 3 LLE SYDD AR BOB SESIWN felly archebwch yn fuan i osgoi siom.
Canolfan Hamdden John Bright yn y Gampfa.

Yn dechrau

Dydd Mawrth 28 Mehefin 2011

Dydd Mawrth rhwng 4:45pm – 5:45pm.

£7.50 y sesiwn ond mae eich **SESIWN GYNTAF AM DDIM!**

Mae'r sesiwn ar gael i bobl ifanc gydag anabledd corfforol rhwng 4 – 12 oed.

Rhaid cwblhau sesiwn asesu risg cyn eich sesiwn gyntaf.

Yn yr awr byddwch yn cael 20 munud o Therapi Adlam a 40 munud o ymarferion a gemau eraill gan gynnwys Boccia!

I gael rhagor o wybodaeth ac / neu i archebu ffoniwch Mark Richards, Swyddog Datblygu Chwaraeon Anabledd Cymru, ar 01492 575593 / 07733 013004 neu anfon e-bost i mark.richards@conwy.gov.uk



gwella iechyd - mwynhau bywyd improving health - enjoying life



Rebound Therapy



What is Rebound therapy?

Rebound Therapy uses a trampoline to give youngsters fun movements similar to trampolining without leaving the trampoline bed.

What are the benefits?

Rebound Therapy improves movement, balance and muscle tone as well as helps youngsters relax and develop fitness and communication.

ONLY 3 PLACES PER SESSION so book early to avoid disappointment.
John Brights Leisure Centre in the Gymnasium.

Starting

Tuesday 28th June 2011

Tuesdays between 4:45pm – 5:45pm.

£7.50 per session but your **FIRST SESSION IS FREE!**

This session is available for physically disabled youngsters aged between 4 – 12 Years.

A risk assessment form must be completed prior to your first session.

In the hour you will have 20 minutes of Rebound Therapy and 40 minutes of other exercise and games including Boccia!

For more information and / or to book please contact Mark Richards, Disability Sport Wales Development Officer, on 01492 575593 / 07733 013004 or email mark.richards@conwy.gov.uk



gwella iechyd - mwynhau bywyd improving health - enjoying life

