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WESTERN VALE ACTIVITIES MENU

Bring your Golden Pass to these activities and join them for FREE

Activity	Venue	Day/time	Provider	How to register
Carpet Bowls	Rhose Bowling Club	Monday 5-7pm	Rhose Bowling Club	Call 01446710072
Gentle group exercise	Cowbridge Scout Hall	Thursdays 2:15pm-4:15pm	With Music in Mind	Call 07500 776295 Email: info@withmusicinmind.co.uk
Legs Bums & Tums	West Camp Community Centre CF62 4NA	Wednesday 7pm	Fitness with Linda	Email lindaleighnorman@gmail.com
PRIME: Group circuit sessions	Force strength & conditioning, Vale Business Park, CF71 7PF	Tuesdays and Thursdays 10:35am	Force Strength & Conditioning	Booking not required - turn up and present your Golden Pass
Tai Chi	Rhose Community Centre CF61 Centre Llantwit Major	Tuesdays 1pm Monday & Thursday 9.30am	Motion Control Dance	Email info@motioncontroldance.com
Tai Chi	Llantwit Town Hall, Llantwit Major Colwinston Village Hall, Cowbridge	Wednesday 6-7pm Thursdays 6-7pm	Vale Dragon Tai Chi	Call/text 07792240908 or email valedragontaichi@gmail.com
Tennis	Llantwit Major Tennis Club	Court booking available throughout the week	Llantwit Major Tennis Club	Email vickimcnally@outlook.com book a court
SeniorFit Exercise classes	EMPORIUM Vale Business Park, Cowbridge. CF717PF	Sessions throughout the week. Contact for more details	The Emporium	Call 01446311535 Email 'bookings.emporium@gmail.com'
Walking Tennis	Cowbridge Tennis Club	Wednesday 10:30 - 11:30am	Cowbridge Tennis Club	Email dickyowen@btinternet.com
Yoga (online)	Zoom	Tuesday 6-7pm Friday 9:30-10:30am	Yogalicious	email rachel@yogalicious.co.uk

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk

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Activity	Venue	Day/time	Provider	How to register
Stretch & Move Legs, Bums & Tums Strength Training	Ogmore Community Hall	Monday 9:30-10:15 Thursday 10.00-11.00am Wednesday 6.30 - 7.30pm	Nicola Ogmore by sea fitness	Contact 07888752346 Email Nicola@performancefocusltd.com
Indoor Cycling (spin) SoulPound (Cardio Drumming)	SoulHQ inside CF61 community Centre	Wednesday 9:45- 10:45am Friday 9:45am - 10:15am	Soul Spin	Booking essential 07850967635 / Soulspin01@outlook.com
Table Tennis	Ogmore-by-Sea Village Hall	Monday 8pm to 9pm and Thursday 3pm to 5pm	Ogmore By Sea Table Tennis	Contact obstabletennis@gmail.com or mobile 0755 2672225
Zumba	The Paul Lewis Community Centre, St Athan	Tuesday 7pm	Fitness with Linda	Email lindaleighnorman@gmail.com
Zumba Gold	The Gathering Place, St Athan Rhoose community hall	Tuesday 11am Wednesday 13:30	Zumba with Tracey Raikes	Call 07966 242933
Petanque	Ystradowen Village Hall, CF71 7SY	Sunday 11am	Ystradowen Petanque Club	Email yp2019club@gmail.com or Call 07711062421
Pilates	Ogmore by sea village hall	Tuesday 9:30 am	Lula wellness pilates	Email lulawellness@yahoo.com Call 07885838022
Mindful Movement: Qigong Shibashi	The Old School, Llantwit Major The Nest, Acorn Campsite Llantwit Major CF61 centre Llanwit Major	Tuesday 11:30-1 Wednesday 11:15 - 12:15 Wednesday 3:15 - 4:15pm	Natalie Snuggs (MSc.) of Stillworks Meditation	Call 07341 264686 / email info.stillworks@gmail.com to book a taster session or enrol for the 5 week term www.stillworksmeditation.com
Sit to be fit	Wick and Monknash Village Hall	Every other Monday from 2:00-2:30pm	Nicola Ogmore by sea fitness	Contact 07888752346 Email Nicola@performancefocusltd.com

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk

BWYDLEN GWEITHGAREDDAU GORLLEWIN Y FRO

DEWCH Â'CH CERDYN AUR I'R GWEITHGAREDDAU HYN AC YMUNWCH Â NHW AM DDIM

Gweithgaredd	Lleoliad	Diwrnod/amser	Darparwr	Sut i gofrestru
Powlenni Carped	Clwb Bowlio'r Rhws	Dydd Llun 5-7pm	Clwb Bowlio'r Rhws	Ffoniwch 01446710072
Ymarfer corff ysgafn	Cowbridge Scout Hall	Dydd Iau 2:15pm-4:15pm	Gyda Cherddoriaeth mewn Meddwl	Ffoniwch 07500 776295 E-bost: info@withmusicinmind.co.uk
Penolau Coesau a Thywyllwch	Canolfan Gymunedol West Camp CF62 4NA	Mercher 7pm	Ffitrwydd gyda Linda	E-bostiwrch lindaleighnorman@gmail.com
Pilates Blaengar Addfwyn (cadair) Pilates	CF61 Centre Llantwit Major	Dydd Mawrth 11.45yb Dydd Mercher 11.30yb Dydd Mercher 13.45	Pilates Taclus	Archebwch ar-lein, e-bostiwrch julie@tidypilates.co.uk neu ffoniwch 07803 845946
PRIME: Sesiynau cylchol grŵp	Cryfder a chyflyru'r Heddlu, Parc Busnes y Fro, CF71 7PF	Dydd Mawrth a dydd Iau 10:35am	Cryfder yr Heddlu a Chyflyru	Nid oes angen archebu lle - trowch i fyny a chyflwynwch eich Tocyn Aur
Tai Chi	Canolfan Gymunedol y Rhws CF61 Centre Llantwit Major	Dydd Mawrth 1pm Dydd Iau 9.30am	Dawns Rheoli Mudiant	E-bostiwrch info@motioncontroldance.com
Tai Chi	Llantwit Town Hall, Llantwit Major Colwinston Village Hall, Cowbridge	Dydd Mercher 6-7pm Dydd Iau 6-7pm	Vale Dragon Tai Chi	Ffoniwch/tecstio 07792240908 neu e-bostiwrch valedragontaichi@gmail.com
Tenis	Llantwit Major Tennis Club	Archebu llys ar gael trwy gydol yr wythnos	Llantwit Major Tennis Club	E-bostiwrch vickimcnally@outlook.com archebwch lys
Dosbarthiadau Ymarfer Corff SeniorFit	EMPORIUM Parc Busnes y Fro, Y Bont-faen. CF71 7PF	Sesiynau drwy'r wythnos. Cysylltwch am fwy o fanylion	Yr Emporiwm	Galwch 01446311535 E-bost 'bookings.emporium@gmail.com'
Tenis Cerdded	Cowbridge Tennis Club	Mercher 10:30 - 11:30yb	Cowbridge Tennis Club	E-bostiwrch dickyowen@btinternet.com
Ioga (ar-lein)	Chwyddo	Dydd Mawrth 6-7pm Dydd Gwener 9:30-10:30yb	Yogalicious	e-bostiwrch rachel@yogalicious.co.uk

OS OES GENNYCH UNRHYW GWESTIYNAU, E-BOSTIWCH GOLDENPASS@VALEOFGLAMORGAN.GOV.UK

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Gweithgaredd	Lleoliad	Diwrnod/amser	Darparwr	Sut i gofrestru
Dosbarth Ymestyn a Symud	Neuadd Gymunedol Ogwr	Dydd Llun 9:30-10:15	Nicola Ogwr ger ffitrwydd y môr	Cysylltwch 07888752346 E-bost Nicola@performancefocusltd.com
Dosbarth Coesau, Penolau a Boliau	Neuadd Gymunedol Ogwr	Dydd Iau 10.00-11.00yb	Nicola Ogwr ger ffitrwydd y môr	Cysylltwch â 07888752346 E-bost Nicola@performancefocusltd.com
Dosbarth Hyfforddiant Cryfder	Neuadd Gymunedol Ogwr	Mercher 6.30 - 7.30pm	Nicola Ogwr ger ffitrwydd y môr	Cysylltwch 07888752346 E-bost Nicola@performancefocusltd.com
Tenis Bwrdd	Neuadd Bentref Ogwr-by-Môr	Dydd Llun 8pm tan 9pm a dydd Iau 3pm i 5pm	Tenis Bwrdd Aberogwr	Cysylltwch â obstabletennis@gmail.com neu ffôn symudol 0755 2672225
Zumba	Canolfan Gymunedol Paul Lewis, Sain Tathan	Dydd Mawrth 7pm	Ffitrwydd gyda Linda	E-bostiwch lindaleighnorman@gmail.com
Aur Zumba	The Gathering Place, Sain Tathan neuadd gymunedol y Rhws	Dydd Mawrth 11am Dydd Mercher 13:30	Zumba gyda Tracey Raikes	Ffoniwch 07966 242933
Petanque	Ystradowen Village Hall, CF71 7SY	Dydd Sul 11am	Ystradowen Petanque Club	E-bostiwch yp2019club@gmail.com neu Ffoniwch 07711062421
Pilates	neuadd bentref Aberogwr ger y môr	Dydd Mawrth 9:30 am	Lula lles pilates	E-bostiwch lulawellness@yahoo.com Ffoniwch 07885838022
Symudiad Meddwl: Qigong Shibashi	Ymwybyddiaeth o lechyd, 4, The Precinct, Llanilltud Fawr, CF61 1XA	Dydd Mawrth 5:30 - 6:30pm Dydd Gwener 11yb - 12:30yp	Natalie Snuggs (MSc.) o Stillworks Meditation	Galwch 07341 264686 / e-bostiwch info.stillworks@gmail.com i archebu sesiwn flasu neu gofrestru ar gyfer y tymor 5 wythnos www.stillworksmeditation.com
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