

Diwrnod Agored Beicio Hygyrch

Dydd Sadwrn, Mehefin 10fed
Amser: 1- 4yp
Lleoliad: Plas Menai



Dewch draw i brofi beicio yng Nghanolfan Plas Menai. Mae gennym hyfforddwr profiadol ac offer arbennigol er mwyn gwneud beicio yn hygyrch i pawb. Bydd amryw o beiciau ar gael i pobl gyda anableddau a'i theulouedd a ffrindiau i'w ddefnyddio yn cynnwys beic ochr wrth ochr, beic tandem a cludwr cadair olwyn.

Am mwy o wybodaeth neu i cadw lle, cysylltwch â:
Steve Weake - Cadeirydd Clwb / Prif Hyfforddwr
stephen.weake@btinternet.com
Marcus Politis - Swyddog Datblygu Chwaraeon, Gwynedd
07766 505320 marcuspolitis@gwynedd.llyw.cymru



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DISABILITY CHWARAEON
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Adaptive Cycling Open Day

Saturday 10th June 2017
Time: 1- 4pm
Location: Plas Menai



Come along and **experience cycling** at the new Cycle Power adaptive cycling hub. We have experienced instructors and equipment designed to make **cycling accessible to all**. A variety of different bikes will be on offer for people with impairments and their families and friends to try out including a side by side bike, tandem bike and wheelchair carrier.

For more details or to attend please contact
Steve Weake - Club Chairman / Head Coach
stephen.weake@btinternet.com
Marcus Politis - Sports Development Officer, Gwynedd
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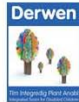
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