

Cymunedau'n Gyntaf Bowydd a Rhiw yn cyflwyno:  
Bowydd and Rhiw Communities First presents:

# 'BLAENAU VISTA SOCIAL CLUB'

Rhyddhewch eich **Anghenfil Salsa!**  
Unleash your **Salsa Monster!**

Rythmau a dawnsio salsa i ddechreuwyr!  
Dewch i gael hwyl a cadw'n heini'r run pryd!

Salsa rhythms and dancing for beginners!  
Come and have fun and keep fit at the same time!

NOS FERCHER MEDI 9FED 2009  
WEDNESDAY SEPTEMBER 9TH 2009

**7.30 – 9.30p.m**

Neuadd yr Eglwys / Church Hall  
Blaenau Ffestiniog.  
I GYD AM / ALL FOR ONLY:

**£2.00**

Am fwy o wybodaeth cysylltwch â /  
For more info contact:

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sports council wales  
cyngor chwaraeon cymru