An equation of the sphere with center $(1, -6, 3)$ and radius 5 is
$(x-1)^2 + [y-(-6)]^2 + (z-3)^2 = 5^2$ or
$(x-1)^2 + (y+6)^2 + (z-3)^2 = 25$.
The intersection of this sphere with the yz-plane is the set of points on the sphere whose x-coordinate is 0. Putting $x = 0$ into the equation, we have $(y+6)^2 + (z-3)^2 = 24, x = 0$ which represents a circle in the yz-plane with center $(0, -6, 3)$ and radius $2\sqrt{6}$.
To find the intersection with the xy-plane, we set $z = 0$:
$(x-1)^2 + (y+6)^2 = 16, z = 0$, a circle in the xy-plane with center $(1, -6, 0)$ and radius 4.