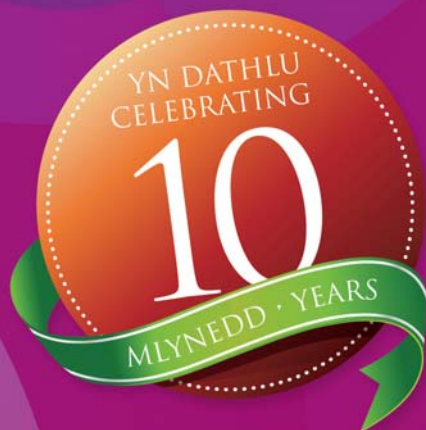


EBRILL - GORFFENNAF / APRIL - JULY 2017



# CYRSIAU YNG NGARTHOLWG

**ADDYSG OEDOLION  
RHONDDA CYNON TAF**

# COURSES AT GARTHOLWG

**RHONDDA CYNON TAF  
ADULT EDUCATION**



Canolfan Dysgu Gydol Oes  
**GARTH OLWG**  
Lifelong Learning Centre

**DECHRAU COFRESTRU  
START OF ENROLMENT**



STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFADAETH GADARN | DYFODOL SICR

# Sut i gofrestru...

# How to Enrol...

## I gofrestru ar gwrs cysylltwch â Chanolfan Dysgu Gydol Oes Garth Olwg - 01443 219589

Mae'r cyfnod cofrestru yn dechrau ar Ebrill 17<sup>eg</sup> am 9am. I gofrestru dros y ffôn ffoniwch ar ôl 12pm.

Gallwch dalu gan ddefnyddio arian, cerdyn neu siec.

Os ydych yn cofrestru ar y ffôn bydd rhaid talu â cherdyn.

Mae gostyngiadau i rai cyrsiau. Efallai byddwch yn gymwys i ostyngiad os ydych yn:

- Ddi-waith ac yn derbyn Lwfans Ceisio Gwaith neu'r elfen ceisio gwaith o'r Lwfans Cymorth Gwaith
- Derbyn Budd-dal treth neu Fudd-dal tai
- Derbyn Credyd Treth Gwaith (gyda incwm o llai na £15,050)
- Derbyn budd-dal anabledd sylweddol
- Derbyn Credyd Pensiwn (Credyd wedi ei ddiogelu yn unig)
- Ffoadur neu geisiwr lloches ac yn derbyn yr hyn sydd gyfystyr â budd-dal seiliedig ar incwm
- O dan 19 oed (Gofynnir am brawf os ydych wedi eich eithrio).

**Mae nifer cyfyngedig o lefydd ar gysriau sydd yn ddilyniant. Mae'r manylion yn gywir ar y cyfnod argraffu.**

## To enrol on a course please contact Garth Olwg Lifelong Learning Centre: 01443 219589

The enrolment period for all courses will start on April 17<sup>th</sup> at 9am. To enrol over the phone please call after 12pm.

You can pay by cash, credit/debit card or cheque at the Centre.

You will be required to pay with your credit/debit card over the telephone.

Concessions may apply to some courses. You may qualify if you are:

- Unemployed and in receipt of income-based Jobseeker's Allowance or the income support element of the Employment Support Allowance.
- In receipt of Council Tax Benefit or Housing Benefit.
- In receipt of Working Tax Credit (with a household income of less than £15,050).
- In receipt of severe disablement / invalidity / incapacity benefit.
- In receipt of Pension Credit (guarantee Credit only).
- A refugee or asylum seeker in receipt of the equivalent of income based benefit
- Under the age of 19 (Proof of exemption required)

**Continuation courses may have limited availability. All courses are correct at time of print.**

					Cost	
GARTHOLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Llawm	
					Full	Gostyngiad Concession
<b>Celf a Chrefft / Arts and Crafts</b>						
Gwerthfawrogi Celf Art Appreciation	lau Thursday	10:00am - 12:00pm	27/4/2017	10		£50
Cyflwyniad i Fosaigau Introduction to Mosaics	lau Thursday	1:00pm - 3:00pm	08/6/2017	4		£70
Mosaigau (Canolradd) Mosaics (Intermediate)	lau Thursday	1:00pm - 3:00pm	27/4/2017	4		£70
Peintio Olew ac Acrilig (Pob Safon) Oil and Acrylic Painting (All Levels)	lau Thursday	1:00pm - 3:00pm	25/5/2017	8		£40
Gwnio (Pob Safon) Sewing (All Levels)	lau Thursday	7:00pm - 9:00pm	27/4/2017	12		£48
Gwnio (Pob Safon) Sewing (All Levels)	Llun Monday	10:30am - 12:30pm	24/4/2017	11		£44
Brodwaith a Chroesbwyth Cross-stitch and Embroidery	Llun Monday	1:00pm - 4:00pm	24/4/2017	11		£35
Gosod Blodau (Pob Safon) Flower Arranging (All Levels)	Llun Monday	2:30pm - 4:30pm	08/5/2017	8		£40
Gosod Blodau (Pob Safon) Flower Arranging (All Levels)	Llun Monday	4:45pm - 6:45pm	08/5/2017	8		£40
Gemwaith ar Gyfer yr Haf Jewellery for the Summer	Llun Monday	5:30pm - 7:30pm	05/6/2017	5		£6 y sesiwn / per session
Crefft Ffelt Felt Craft	Llun Monday	7:00pm - 9:00pm	08/5/2017	8		£60
Grwp Celf Amlgyfrwng (Croeso i aelodau newydd) Multi Media Art Group (New members welcome)	Mawrth Tuesday	9:30am - 12:30pm	25/4/2017	12		£35
Cyflwyniad i Fosaigau Introduction to Mosaics	Mawrth Tuesday	1:00pm - 3:00pm	25/4/2017	4		£70
Mosaigau (Canolradd) Mosaics (Intermediate)	Mawrth Tuesday	1:00pm - 3:00pm	06/6/2017	4		£70
Peintio Dyfrlliw (Pob Safon) Watercolour (All Levels)	Mawrth Tuesday	6:30pm - 8:30pm	23/5/2017	8		£40
Crochenwaith (Pob Gallu) Pottery for Adults of All Abilities	Mawrth Tuesday	6:30pm - 8:30pm	02/5/2017	6		£45
Celf a Sgwrs Art and a Chat	Mercher Wednesday	9:00am - 11:30am	26/4/2017	9		Am ddim Free
Crochenwaith Pottery	Mercher Wednesday	9:30am - 12:30pm	26/4/2017	5		£45
Crochenwaith (Grwp Cefnogi Alzheimer's) Pottery (Alzheimer's support Group)	Mercher Wednesday	1:00pm - 3:00pm	26/4/2017	12		£5 y sesiwn / per session
Crochenwaith Pottery	Mercher Wednesday	6:00pm - 9:00pm	26/4/2017	5		£45

					Cost	
GARTHOLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Llawn	Gostyngiad
					Full	Concession
<b>Plant a Phobl Ifanc / Arts and Crafts</b>						
Arius: Cerddoriaeth, Drama a Dawns (6-18 oed) Arius: Music, Drama and Dance (6 - 18 yrs)	Gwener Friday	5:00pm - 7:00pm	28/4/2017	12	£12 y sesiwn / per session 01443 206708	
Rhiant a Phlentyn Parent and Toddler	lau Thursday	9:30am - 11:30am	27/4/2017	Wythnosol/ Weekly	£1.50 y sesiwn / per session	
Little Kickers	lau Thursday	9:30am - 10:30am	27/4/2017	6	£33 07740 867289	
Little Kickers	lau Thursday	10:30am - 11:30am	27/4/2017	6	£33 07740 867289	
Dawnsio Babi Baby Dance	lau Thursday	4:30pm - 5:30pm	27/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session 07534 164038	
Dawnsio Gwyddeleg Irish Dancing	lau Thursday	5:30pm - 7:00pm	27/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session 07534 164038	
Rugby Tots	Llun Monday	9:30am - 10:00am	24/4/2017	4	£6 y sesiwn / per session 0345 313714	
Ti a Fi	Mercher Wednesday	9:30am - 11:30am	26/4/2017	Wythnosol/ Weekly	£1.50 y sesiwn / per session	
Rugby Tots	Mercher Wednesday	4:10pm - 4:55pm	26/4/2017	5	£6 y sesiwn / per session 0345 313714	
<b>Ymarfer Corff, Iechyd a Ffitrwydd / Exercise, Fitness and Health</b>						
Tai Chi	Gwener Friday	9:30am - 10:30am	28/4/2017	Wythnosol/ Weekly	£4 y sesiwn / per session	
Tai Chi	Gwener Friday	10:30am - 11:30am	28/4/2017	Wythnosol/ Weekly	£4 y sesiwn / per session	
Wild Goose Qigong	Gwener Friday	11:30am - 12:30pm	28/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session	
Dawnsio Llinell Line Dancing	Llun Monday	7:30pm - 9:30pm	24/4/2017	Wythnosol/ Weekly	£6 y sesiwn / per session	
Hunan Amddiffyn (Bob oed a gallu) Self Defence (All ages and abilities)	Mawrth Tuesday	1:00pm - 2:30pm	25/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session	
Ioga Yoga	Mawrth Tuesday	6:00pm - 7:00pm	06/6/2017	Wythnosol/ Weekly	£5 y sesiwn / per session	
Hunan Amddiffyn (Bob oed a gallu) Self Defence (All ages and abilities)	Mawrth Tuesday	7:15pm - 8:45pm	25/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session	
Bolddawnsio i Ddechreuwr Bellydancing for Beginners	Mercher Wednesday	7:00pm - 8:00pm	26/4/2017	Wythnosol/ Weekly	£5 y sesiwn / per session	
Ioga i Famau Beichiog Pregnancy Yoga	Mercher Wednesday	7:00pm - 8:00pm	26/4/2017	Wythnosol/ Weekly	£8 y sesiwn / per session	
Therapiau Cyflenwol Complementary Therapies	Mawrth Tuesday	1.30pm - 2.30pm	26/4/2017	10	£6 y sesiwn / per session	
Therapiau Cyflenwol Complementary Therapies	Mawrth Tuesday	6:00pm - 7:00pm	25/5/17	10	£6 y sesiwn / per session	

					Cost	
GARTHOLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Llawm Full	Gosyniad Concession
<b>Technoleg Gwybodaeth / Information Technology</b>						
iPads (Dechreuwr) iPads (Beginners)	lau Thursday	9:30am - 12:00pm	27/4/2017	10	£45	£10
Creu Prosiect gan Ddefnyddio Sgiliau TG Creating a Project Using IT Skills	Llun Monday	1:00pm - 4:00pm	24/4/2017	8	Am ddim Free	
Clwb Camera Camera Club	Mercher Wednesday	cyfarfod o meet at 9.30am	26/4/2017	12	£20	
<b>Ieithoedd / Languages</b>						
Iaith Arwyddo (Dechreuwr) Sign Language (Beginners)	Gwener Friday	1:00pm - 3:00pm	28/4/2017	10	£50	
Almaeneg (Uwch) German (Advanced)	lau Thursday	1:00pm - 3:00pm	27/4/2017	12	£79	
Sbaeneg (Uwch) Spanish (Advanced)	lau Thursday	5:00pm - 7:00pm	27/4/2017	10	£66	
Sbaeneg (Dechreuwr Tymor 3) Spanish (Beginners Term 3)	lau Thursday	7:00pm - 9:00pm	27/4/2017	10	£66	
Almaeneg i Ddechreuwr (Tymor 3) German Beginners (Term 3)	Llun Monday	1:00pm - 3:00pm	24/4/2017	12	£79	
Sbaeneg (Cam 2) Spanish (Stage 2)	Llun Monday	1:30pm - 3:30pm	15/5/2017	Pythefnosol Fortnightly	£33	
Ffrangeg (Sgwrsio Pellach) French (Further Conversational)	Llun Monday	1:30pm - 3:30pm	24/4/2017	Pythefnosol Fortnightly	£33	
Sbaeneg (Dechreuwr Tymor 3) Spanish (Beginners Term 3)	Llun Monday	7:00pm - 9:00pm	08/5/2017	10	£66	
Sbaeneg (Dechreuwr) Spanish (Beginners)	Mercher Wednesday	7:00pm - 9:00pm	26/4/2017	10	£66	

## Cymorth Gyda Mathemateg a Saesneg

### English and Maths Support

Darperir cyrsiau mewn awyrgylch gyfeillgar trwy RhCT. Am fanylion cysylltwch â  
Friendly and supportive courses provided throughout RCT. For details contact:

[wendy.j.williams@rctcbc.gov.uk](mailto:wendy.j.williams@rctcbc.gov.uk)

GARTHOLWG Cwrs/ Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost	
					Llawm Full	Gosyngiad Concession
<b>Diddordebau Eraill / Other Interests</b>						
Ptlls – WEA	Holwch y dderbynfya am wybodaeth bellach Please ask reception for further details					
Rhyddhau Straen ar Gyfer Lles Emosiynol Stress Relief for Emotional Wellbeing	lau Thursday	10:00am - 12:00pm	27/4/2017	10	£50	
Hanes Lleol Local History	lau Thursday	10:00am - 12:00pm	08/6/2017	5	£25	
Hanes Lleol Local History	lau Thursday	10:00am - 12:00pm	27/4/2017	5	£25	
Ysgrifennu Creadigol Creative Writing	lau Thursday	6:00pm - 8:00pm	27/4/2017	10	£50	
Sambago-Band Samba Cymunedol Sambago Community Samba Band	Llun Monday	6:00pm - 7:00pm	24/4/2017	Wythnosol/ Weekly	£3 y sesiwn / per session	
Cor O2Five O2Five Choir	Llun Monday	7:30pm - 9:00pm	24/4/2017	Wythnosol/ Weekly	£2 y sesiwn / per session	
Hanes Teulu (Grwp Hunan Gymorth) Family History Self Help Group	Mawrth Tuesday	9:30am - 11:30am	25/4/2017	9	£35	
Hylendid Bwyd Level 2 Award in Food Safety in Catering	Mercher Wednesday	9:00am - 4:30pm	21/6/2017	1	£30	
Cymorth Cyntaf Level 2 Award in Emergency First Aid at Work	Mercher Wednesday	9:00am - 4:30pm	05/7/2017	1	£45	
Tyilno Pen Indiaidd Indian Head Massage	Mercher Wednesday	10:00am - 12:00pm	26/4/2017	10	£50	
Grwp Ukelele Ukulele Group	Mercher Wednesday	5:30pm - 6:30pm	26/4/2017	11	£15	
Ymwybyddiaeth Mindfulness Toolkit	Mercher Wednesday	5:30pm - 7:30pm	26/4/2017	10	£50	
Lloeger at'i Chymdogion Celtaidd England and her Celtic Neighbours (Historical Survey)	Mawrth Tuesday	1:30pm - 3:30pm	25/4/2017	10	£66	

GARTHOLWG Cwrs/ Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost	
					Llawn Full	Gosyngiad Concession

### Trwy Gyfrwng y Gymraeg / Through the Medium of Welsh

loga	Llun Monday	6:00pm - 7:00pm	24/4/2017	10	£30
Iwcs -Grwp Ukelele Cymraeg	Llun Monday	7:00pm - 9:00pm	24/4/2017	10	£30
Mwynhau Llenyddiaeth	Mercher Wednesday	7:00pm - 9:00pm	26/4/2017	4	£15
Golwg ar Gymru	Mawrth Tuesday	9:30am - 11:30am	25/4/2017	8	£25
Ti a Fi	Mercher Wednesday	9:30am - 11:30am	26/4/2017	11	y sesiwn / per session

### Gwasanaethau / Services

Cyngor ar Bopeth Citizens Advice	Mawrth Tuesday	9:30am - 11:30am	25/4/2017	Wythnosol/ Weekly	Am Ddim Free
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# Gweithgareddau'r Urdd

## Urdd Activities

**GARTHOLWG**



urdd.org

**Gweithgareddau  
trwy gyfrwng  
y Gymraeg**

Rhedeg yn wythnosol  
(heb law dros y gwyliau)

**I gofrestru:**

**Jessica Stacey ☎ 07917 270301**

**Activities held  
through the  
medium of Welsh**

Running weekly  
(except for holidays)

**To enrol:**

Clwb Activity	Lleoliad Location	Oed Age	Diwrnod Day	Amser Time	Cost	Dechrau Start date
Gymnasteg Gymnastics	Gampfa Gymnasium	Meithrin a Derbyn Nursery & Reception	Llun Mondays	4:00 - 4:45pm	£3	24/4/2017
Gymnasteg Gymnastics	Gampfa Gymnasium	Blwyddyn 1 & 2 School year 1 & 2	Llun Mondays	5:00 - 6:00pm	£3	24/4/2017
Nofio Swimming	Ysgol Uwchradd Bryn Celynnog Bryn Celynnog Comprehensive	4+	Mawrth Tuesday	Cysylltwch â ni Contact us		25/4/2017
Gymnasteg Gymnastics	Gampfa Gymnasium	Blwyddyn 3-6 School year 3-6	Iau Thursday	4:00 - 4:45pm	£3	27/4/2017
Athletau Athletics	Cae Field	Derbyn – Blwyddyn 6 Reception - School year 6	Iau Thursday	5:00 - 6:00pm	£3	27/4/2017
Merched GO 'Girls only club'	Neuadd Chwaraeon Sports Hall	Blwyddyn 7&8 School year 7&8 Blwyddyn 5&6 School year 5&6	Iau Thursday	3:30 - 4:30pm 4:30 - 5:30pm	£3	27/4/2017
Bales & Warburtons	Neuadd Chwaraeon Sports Hall	Derbyn – Blwyddyn 2 Reception- School year 2	Gwener Friday	4:30 - 5:30pm	£3	28/4/2017
Pel Droed Cymysg Mixed Football Club	Neuadd Chwaraeon Sports Hall	Blwyddyn 2-6 School year 2-6	Gwener Friday	4:30 - 5:30pm	£3	28/4/2017



CYRSIAU MEWN LLEOLIADAU ERAILL COURSES IN OTHER VENUES	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost	
					Llawr Full	Gostyngiad Concession

### Llyfrgell Aberdâr / Aberdare Library

Ysgrifennu Creadigol Creative Writing	Llun Monday	10:00am - 12:00pm	08/5/2017	10	£50
Hanes Lleol Local History	Llun Monday	2:00pm - 4:00pm	08/5/2017	5	£25
Hanes Lleol Local History	Llun Monday	2:00pm - 4:00pm	19/6/2017	5	£25

### Llyfrgell Pontypridd / Pontypridd Library

Hanes Lleol Local History	Gwener Friday	10:00am - 12:00pm	28/4/2017	5	£25
Hanes Lleol Local History	Gwener Friday	10:00am - 12:00pm	09/6/2017	5	£25
Hanes Teulu Family History	Mawrth Tuesday	10:00am - 12:00pm	25/4/2017	5	£25
Hanes Teulu Family History	Mawrth Tuesday	10:00am - 12:00pm	06/6/2017	5	£25
Hanes Trwy Celf History Through Art	Mercher Wednesday	10:00am - 12:00pm	26/4/2017	5	£25
Hanes Trwy Celf History Through Art	Mercher Wednesday	10:00am - 12:00pm	07/6/2017	5	£25
Hanes Lleol Local History	Gwener Friday	10:00am - 12:00pm	14/7/2017	5	£25

### Llyfrgell Tonypany / Tonypany Library

Iaith Arwyddo Sign Language	Sadwrn Saturday	9:30am - 11:30am	29/4/2017	10	£50
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### Llyfrgell Treorci / Treorchy Library

Hanes Lleol Local History	Llun Monday	10:00am - 12:00pm	08/5/2017	5	£25
Hanes Lleol Local History	Llun Monday	10:00am - 12:00pm	19/6/2017	5	£25
Hanes Trwy Celf History Through Art	Mercher Wednesday	2:00pm - 4:00pm	26/4/2017	5	£25
Hanes Trwy Celf History Through Art	Mercher Wednesday	2:00pm - 4:00pm	07/6/2017	5	£25

I Gofrestru ffoniwch / To register call: ☎ **01443 219589**