

EBRILL - GORFFENNAF / APRIL - JULY 2018

CYRSIAU YNG NGARTH OLWG

**ADDYSG OEDOLION
RHONDDA CYNON TAF**

COURSES AT GARTH OLWG

**RHONDDA CYNON TAF
ADULT EDUCATION**

**DECHRAU COFRESTRU
START OF ENROLMENT**



Sut i gofrestru...

How to Enrol...

I gofrestru ar gwrs cysylltwch â Chanolfan Dysgu Gydol Oes Garth Olwg - 01443 570075

Mae'r cyfnod cofrestru yn dechrau ar Ebrill 16eg 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.
- Derbyn budd-dal anabledl 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 gyrsiau 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 570075

The enrolment period for all courses will start on April 16th 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
- 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.

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Celf a Chrefft / Arts and Crafts					
Gwnio (Pob safon) Sewing (All levels)	Llun Monday	10:00 - 12:00pm	16/04/2018	12	£55.00
Croesbwyth Cross Stitch	Llun Monday	1:00 - 4:00pm	16/04/2018	12	£40.00
Gosod Blodau Flower Arranging	Llun Monday	2:30 - 4:30pm	16/04/2018	8	£40.00
Gosod Blodau Flower Arranging	Llun Monday	4:45 - 6:45pm	16/04/2018	8	£40.00
Teisennau Byd Ffuglen Sugarcraft: Storybook Cakes	Llun Monday	7:00 - 9:00pm	16/04/2018	8	www.dragonsanddafodils.school.com
Crefft Ffelt Felt Craft	Llun Monday	7:30 - 9:30pm	16/04/2018	5	£50.00
Crefft Felt Felt Craft	Llun Monday	7:30 - 9:30pm	04/06/2018	6	£60.00
Peintio Dyfrlliw (Pob safon) Watercolour (All levels)	Mawrth Tuesday	6:30 - 8:30pm	17/04/2018	10	£55.00
Crefft Siwgr: Teisennau thema Sugarcraft: Themed Cakes	Mercher Wednesday	6:00 - 8:00pm	18/04/2018	8	www.dragonsanddafodils.school.com
Gwnio (Pob safon) Sewing (All levels)	Mercher Wednesday	10:30 - 12:30pm	18/04/2018	12	£55.00
Gwerthfawrogi Celf Art Appreciation	Iau Thursday	10:00 - 12:00pm	19/04/2018	8	£45.00
Peintio Olew ac Acrylig Oil and Acrylic Painting	Iau Thursday	1:00 - 3:00pm	19/04/2018	10	£55.00
Gwnio (Pob safon) Sewing all levels (All levels)	Iau Thursday	7:00 - 9:00pm	19/04/2018	12	£55.00
Peintio Gouache Gouache Painting	Gwener Friday	9:30 - 11:30am	20/04/2018	10	£55.00
Garddio Mewn Gofod Bach Gardening in Small Spaces	Gwener Friday	1:00 - 3:00pm	20/04/2018	12	£60.00
GO Ceramics	Mercher Wednesday	10:00 - 12:00pm	18/04/2018	8	£48.00
GO Ceramics	Mercher Wednesday	1:00 - 3:00pm	18/04/2018	8	£48.00
GO Ceramics	Mercher Wednesday	6:15 - 8:15pm	18/04/2018	8	£48.00
Grŵp Alzheimers Alzheimers Group	Llun Monday	12.45 - 2:45pm	16/04/2018	Wythnosol Weekly	£2 y sesiwn/per session

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Ymarfer Corff, Iechyd a Ffitrwydd / Exercise, Fitness and Health					
Dawnsio Llinell (Dechreuwyd) Line Dancing (Beginners)	Llun Monday	1:30 - 3:00pm	16/04/2018	Wythnosol Weekly	£6 y sesiwn/per session
Dawnsio Llinell Line Dancing	Llun Monday	7:30 - 9:30pm	16/04/2018	Wythnosol Weekly	£6 y sesiwn/per session
Tai Chi- 16 Cam (Dechreuwyd) Tai Chi- 16 step (Beginners)	Mawrth Tuesday	10:00 - 11:00am	05/06/2018	6	£36.00
Tai Chi -16 Cam (Dechreuwyd) Tai Chi -16 step (Beginners)	Mawrth Tuesday	10:00 - 11:00am	17/04/2018	5	£30.00
Ioga Yoga	Mawrth Tuesday	6:00 - 7:00pm	17/04/2018	13	£65.00
Ioga i Famau Beichiog Pregnancy Yoga	Mercher Wednesday	7:00 - 8:00pm	18/04/2018	Wythnosol Weekly	£8 y sesiwn/per session ☎ 07861873588
Tai Chi	Gwener Friday	10:30 - 11:30am	20/04/2018	4	£24.00
Tai Chi	Gwener Friday	10:30 - 11:30am	08/06/2018	6	£36.00
Wild Goose Qigong	Gwener Friday	11:30 - 12:30pm	08/06/2018	6	£36.00
Wild Goose Qigong	Gwener Friday	11:30 - 12:30pm	20/04/2018	4	£24.00

Technoleg Gwybodaeth / Information Technology					
Cyfrifiaduron (Dechreuwyd) Computers (Beginners)	Llun Monday	9:30 - 12:00pm	16/04/2018	12	£52.00 / £15.00
Rhyngrwyd ac Ebst Internet and Email	Llun Monday	1:00 - 3:30pm	16/04/2018	12	£52.00 / £10.00
Sgilliau Sylfaenol gyda TG Essential Skills with ICT	Llun Monday	1:00 - 4:00pm	16/04/2018	8	Am ddim Free
ECDL	Mawrth Tuesday	6:00 - 8:00pm	17/04/2018	34	£36.00
ECDL (Pellach) ECDL (Advanced)	Mawrth Tuesday	7:00 - 9:00pm	17/04/2018	34	£65.00
ECDL	Mercher Wednesday	6:00 - 8:00pm	18/04/2018	34	£36.00
ECDL (Pellach) ECDL (Advanced)	Mercher Wednesday	7:00 - 9:00pm	18/04/2018	34	£65.00
iPads (Dechreuwyd) iPads (Beginners)	Iau Thursday	9:30 - 12:00pm	19/04/2018	12	£52.00 / £10.00

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
leithoedd / Languages					
Ffrangeg Tafodieithol Colloquial French	Llun Monday	1:00 - 3:00pm	16/04/2018	Pythefnosol Fortnightly	£33.00
Almaeneg (Dechreuwr pellach) German (Further Beginners)	Llun Monday	1:00 - 3:00pm	16/04/2018	12	£78.00
Sbaeneg i Dechreuwr (Blwyddyn 2) Spanish Further Beginners (Year 2)	Llun Monday	7:00 - 9:00pm	16/04/2018	7	£50.00
Sbaeneg i Ddechreuwr Spanish Beginners	Mawrth Tuesday	1:00 - 3:00pm	17/04/2018	7	£50.00
Ffrangeg Tafodieithol Colloquial French Post Beginners	Mawrth Tuesday	1:00 - 3:00pm	24/04/2018	Pythefnosol Fortnightly	£33.00
Sbaeneg i Ddechreuwr (Tymor 3) Spanish Beginners (Term 3)	Mawrth Tuesday	6:00 - 8:00pm	17/04/2018	10	£68.00
Sbaeneg (Dechreuwr Pellach) Spanish (Post Beginners)	Mercher Wednesday	7:00 - 9:00pm	18/04/2018	7	£50.00
Almaeneg (Canolradd) German (Intermediate)	lau Thursday	1:00 - 3:00pm	19/04/2018	12	£78.00
Sbaeneg (Pellach) Spanish (Advanced)	lau Thursday	5:00 - 7:00pm	19/04/2018	7	£50.00
Trwy Gyfrwng y Gymraeg / Through the Medium of Welsh					
Golwg ar Gymru	Mawrth Tuesday	9:30 - 11:30am	17/04/2018	8	£25.00
Mwynhau Llenyddiaeth	Mercher Wednesday	7:00 - 9:00pm	18/04/2018	5	£20.00
Coginio - Bwydydd y byd	Mercher Wednesday	5:00 - 7:00pm	25/04/2018	5	£20.00
Iwcs	Llun Monday	7:00 - 9:00pm	16/04/2018	10	£35.00
Ioga	Llun Monday	6:00 - 7:00pm	16/04/2018	Wythnosol Weekly	£3.00 y sesiwn/per session

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Diddordebau Eraill / Other Interests					
Hanes Teulu (Grwp hunan gymorth) Family History (Self help group)	Mawrth Tuesday	09:30 - 11:30am	17/04/2018	10	£36.00
Sambago - Band Samba Cymunedol Sambago - Community Samba Band	Llun Monday	6:00 - 7:00pm	16/04/2018	Wythnosol Weekly	£3.00 y sesiwn/per session
Côr O2Five O2Five Choir	Llun Monday	7:30 - 9:00pm	16/04/2018	Wythnosol Weekly	£2.00 y sesiwn/per session
Ciwb Camera Olwg Olgw Camera Club	Mercher Wednesday	9:30am	18/04/2018	13	£20.00
Cynorthwyo'ch Ymwybyddiaeth Mindfulness Toolkit	Mercher Wednesday	5:30 - 7:30pm	18/04/2018	12	£60.00
Ysgrifennu i'r Sgrin Fawr Screen Writing	Iau Thursday	1:00 - 3:00pm	19/04/2018	12	£60.00
Ysgrifennu Creadigol Creative Writing	Iau Thursday	6:00 - 8:00pm	19/04/2018	12	£60.00
Therapiau Cyflenwol Complimentary Therapies	Iau Thursday	6:00 - 8:00pm	19/04/2018	12	£60.00
Gwisgo gyda Steil Dress with Style	Gwener Friday	1:00 - 2:30pm	20/04/2018	6	£85.00
Ukulele (Croeso i aelodau newydd) Ukulele (New members welcome)	Mercher Wednesday	5:00 - 6:30pm	18/04/2018	12	£40.00
Coginio - Bwyd o Bedwar Ban Byd Cooking -Foods from Around the World	Iau Thursday	6:30- 8:30pm	19/04/2018	12	£60.00
Coginio Indiaidd Indian Cookery	Iau Thursday	4:00- 6:00pm	19/04/2018	12	£60.00
Gitar Guitar	Iau Thursday	4:00- 6:00pm	19/04/2018	12	£60.00
Fi fy Hunan - Bywyd Iach, Meddwl Iach All About Me - A Healthy life, Healthy Mind	Mercher Wednesday	10:00- 12:00pm	25/04/2018	5	Am ddim Free
Tylino Pen Indiaidd Indian Head Massage	Mercher Wednesday	1:00 - 3:00pm	18/04/2018	12	£60.00
Cymorth Cyntaf (Lefel 3) First Aid (Level 3)	Mawrth Tuesday	9.00 - 4.30pm	19/06/18	1 dydd/day	£45
Diogelwch Bwyd(Lefel 2) Food Safety(Lefel 2)	Mawrth Tuesday	9.00 - 4.30pm	15/05/18	1 dydd /day	£45
Gwasanaethau / Services					
Cyngor ar bopeth Citizens Advice	Llun Monday	9:30 - 11:30am	16/04/2018	Wythnosol Weekly	Am ddim Free
Cyfarfod PACT PACT Meeting	Mercher Wednesday	6:00 - 7:00pm	25/04/2018 13/06/2018	Misol Monthly	Am ddim Free
Y Gymdeithas Stroc Stroke Association	Mercher Wednesday	1.00 - 3.00pm	25/04/18	Pythefnosol Fortnightly	Am ddim Free ☎ 07940 591864

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Plant a Phobl Ifanc / Children and Young People					
Rugbytot (Rygbi 2-7 oed) Rugbytot (Rugby play programme from 2-7 years)	Llun Monday	9:30 - 10:00am	16/04/2018	Wythnosol Weekly	£6.00 y sesiwn/per session ☎ 03453 136714
Rhiant a Plentyn Parent and Toddler	Llun Monday	9:30 - 11:30am	16/04/2018	Wythnosol Weekly	£1.50 y sesiwn/per session
Minecraft Clwb Pasg Minecraft Easter Holiday Club	Mawrth Tuesday	1:00 - 2:00pm	10/04/2018	1	£5.00
Ti a Fi*	Mercher Wednesday	9:30 - 11:30am	18/04/2018	Wythnosol Weekly	£1.50 y sesiwn/per session
Rugbytot (Rygbi 2-7 oed) Rugbytot (Rugby play programme from 2-7 years)	Mercher Wednesday	4:10 - 4:55pm	18/04/2018	Wythnosol Weekly	£6.00 y sesiwn/per session ☎ 03453 136714
Tylino babanod*	lau Thursday	1:00- 2:00pm	19/04/2018	Wythnosol Weekly	Am ddim Free
Stori a Chân*	lau Thursday	2:00- 3:00pm	19/04/2018	Wythnosol Weekly	Am ddim Free
Rhiant a Plentyn Parent and Toddler	lau Thursday	9:30 - 11:30am	19/04/2018	Wythnosol Weekly	£1.50 y sesiwn/per session
Arius: Cerddoriaeth, drama a dawns (5-18 oed) Arius: Music, Drama and Dance (5-18 yrs)	Gwener Friday	4:30 - 7:30pm	20/04/2018	Wythnosol Weekly	£12.50 y sesiwn/per session ☎ 01443 206708
Little Kickers (Pêl-droed Plant Bach) Little Kickers (Toddler Football)	lau Thursday	9:30 - 10:30am	19/04/2018	6	£35.00 ☎ 07534 164038
Little Kickers (Pêl-droed Plant Bach) Little Kickers (Toddler Football)	lau Thursday	10:30 - 11:30am	19/04/2018	6	£35.00 ☎ 07534 164038
Clwb Drama* Drama Club	lau Thursday	6.00 - 7.30pm	19/4/2018	Wythnosol Weekly	£3.50 y sesiwn/per session

*Dwyieithog / Bilingual

CYRSIAU MEWN LLEOLIADAU ERAILL COURSES IN OTHER VENUES	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Llyfrgell ABERDAR ABERDARE Library					
Ysgrifennu Creadigol Creative Writing	Llun Monday	10:00 - 12:00pm	16/04/18	12	£60.00
Llyfrgell HIRWAUN HIRWAUN Library					
iPad (Dewch ag iPad eich hunan) iPads (Bring your own iPad)	Mawrth Tuesday	9:45 - 11:45am	17/04/18	12	£52.00 / £10.00
Cyfrifiaduron (Dechreuwyr) Computers (Beginners)	Iau Thursday	9:45 - 11:45am	19/04/18	12	£52.00 / £10.00
Cyfrifiaduron (Level 1) Computers (Level 1)	Gwener Friday	9:45 - 11:45am	27/04/18	12	£52.00 / £10.00
Rhyngwyd ac Ebst Internet and Email	Gwener Friday	12:00 - 2:00pm	27/04/18	12	£52.00 / £10.00
Llyfrgell PONTYPRIDD PONTYPRIDD Library					
Hanes Teulu Family History	Mawrth Tuesday	10:00 - 12:00pm	17/04/18	8	£40.00
Ysgrifennu ar gyfer Teledu Screen Writing	Mawrth Tuesday	3:00 - 5:00pm	17/04/18	12	£60.00
Hanes Lleol Local History	Gwener Friday	10:00 - 12:00pm	20/04/18	8	£40.00
Gitar Guitar	Mawrth Tuesday	5:00 - 7:00pm	17/4/18	12	£60.00
Hanes Lleol Local History	Gwener Friday	10:00 - 12:00pm	06/07/18	8	£40.00
Llyfrgell Y PORTH PORTH Library					
iPads (Dewch ag iPad eich hunan) iPads (Bring your own)	Mercher Wednesday	9:30 - 12:00pm	18/04/18	12	£52.00 / £10.00
Rhyngwyd ac Ebst (Dechreuwyr) Internet and Email (Beginners)	Mercher Wednesday	2:00 - 4:30pm	18/04/18	12	£52.00 / £10.00
Llyfrgell PONT-Y-CLUN PONTYCLUN Library					
Hanes Lleol Local History	Mercher Wednesday	2:00 - 4:00pm	18/04/18	8	£40.00

CYRSIAU MEWN LLEOLIADAU ERAILL COURSES IN OTHER VENUES		Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost / Gostyngiad Cost / Concession
Llyfrgell RHYDYFELIN RHYDYFELIN Library						
Gitar (Dechreuwyr) Guitar for Beginners	lau Thursday	12:00 - 2:00pm	19/04/18	12	£60.00	
Hanes Lleol Local History	lau Thursday	2:00 - 4:00pm	19/04/18	8	£40.00	
Llyfrgell TONYPANDY TONYPANDY Library						
Iaith Arwyddo (Uwch) Sign Language (Advanced)	Sadwrn Saturday	9:30 - 11:30am	21/04/18	12	£60.00	
Iaith Arwyddo (Dechreuwyr) Sign Language (Beginners)	Sadwrn Saturday	11:30 - 1:30pm	21/04/18	12	£60.00	
Llyfrgell TREORCI TREORCHY Library						
Hanes Lleol Local History	Llun Monday	10:00 - 12:00pm	16/04/18	8	£40.00	
Hanes Teulu Family History	Llun Monday	2:30 - 4:30pm	16/04/18	8	£40.00	

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:

 **01443 570075**

val.a.clarke@rctcbc.gov.uk

Gweithgareddau'r Urdd

Urdd Activities

GARTH OLWG



urdd.org

Gweithgareddau trwy gyfrwng y Gymraeg

Rhedeg yn wythnosol
(heb law dros y gwyliau)

Activities held through the medium of Welsh

Running weekly
(except for holidays)

☎ **07917 270301 • rachel@urdd.org**

Clwb Activity	Lleoliad Location	Diwrnod Day	Oed Age	Amser Time	Cost	Dechrau Start date
Plantos Heini Fit Kids	Y Gampfa Gymnasium	Llun Monday	Meithrin & Derbyn Nursery & Reception	4:00-4:45pm	£3	16/04/2018
Dysgu sgiliau chwaraeon craidd gyda elfen o gymnasteg. Rhaid Cofrestru. Learn sporting skills with an element of gymnastics. Must pre-register.						
Gymnasteg Gymnastics	Y Gampfa Gymnasium	Iau Thursday	Blwyddyn 3-6 School Years 3-6	4:00-4:45pm	£3	19/04/2018
Gymnasteg Gymnastics	Y Gampfa Gymnasium	Iau Thursday	Blwyddyn 1&2 School Year 1&2	5:00-5:45pm	£3	19/04/2018
Dysgu sgiliau craidd yn dilyn A-Z Gymnasteg Cymru. Rhaid Cofrestru. Developing core skills by following Welsh Gymnastics A-Z Programme. Must pre-register.						