

IONAWR - EBRILL / JANUARY - APRIL 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...

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

Mae'r cyfnod cofrestru yn dechrau ar Ionawr 8^{ed} 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.

How to Enrol...

To enrol on a course please contact Garth Olwg Lifelong Learning Centre: 01443 570075

The enrolment period for all courses will start on January 8th 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	
					Llawn Full	Gosyngiad Concession
Celf a Chrefft / Arts and Crafts						
Brodwaith llaw i ddechreuwr Hand Embroidery for Beginners	Llun Monday	1:00 - 4:00pm	08/01/2018	10	£40	
Sesiynau Crefft Dementia Gyfeillgar Craft Sessions - Dementia Friendly Support Group	Llun Monday	12:45 - 2:45pm	08/01/2018	Wythnosol Weekly	£2	
Gosod Blodau (Pob safon) Flower Arranging (All levels)	Llun Monday	2:30 - 4:30pm	15/01/2018	8	£40	
Gosod Blodau (Pob safon) Flower Arranging (All levels)	Llun Monday	4:45 - 6:45pm	15/01/2018	8	£40	
Crefft Siwgr Sugarcraft	Llun Monday	7:00 - 9:00pm	08/01/2018	8	£60	
Crefft Ffelt Felt Craft	Llun Monday	7:30 - 9:30pm	08/01/2018	6	£60	
Crefft Ffelt Felt Craft	Llun Monday	7:30 - 9:30pm	26/02/2018	5	£50	
Celf ar gyllideb Art on a budget	Mawrth Tuesday	12:30 - 3:30pm	09/01/2018	11	Am ddim Free	
Crochenwaith i'r Teulu Family Pottery	Mawrth Tuesday	5:00 - 6:30pm	09/01/2018	6	£45	
Crochenwaith i'r Teulu Family Pottery	Mawrth Tuesday	5:00 - 6:30pm	27/02/2018	5	£38	
Peinio Dyfrlliw (Pob safon) Watercolour (All levels)	Mawrth Tuesday	6:30 - 8:30pm	09/01/2018	10	£50	
Crochenwaith Pottery	Mawrth Tuesday	6:30 - 8:30pm	16/01/2018	6	£45	
Braslunio'r Corff Life Drawing	Mawrth Tuesday	7:30 - 9:00pm	09/01/2018	5	£40	£8.50
Braslunio'r corff Life Drawing	Mawrth Tuesday	7:30 - 9:00pm	06/03/2018	4	£30	£8.50
Crochenwaith Pottery	Mercher Wednesday	10:00 - 12:00pm	10/01/2018	10	£60	
Gwnio (Pob safon) Sewing (All Levels)	Mercher Wednesday	10:30 - 12:30pm	10/01/2018	11	£55	
Crefftau Tymhorol Modern Contemporary Seasonal Crafts	Mercher Wednesday	1:00 - 3:00pm	10/01/2018	6	£42	
Crefftau Tymhorol Modern Contemporary Seasonal Crafts	Mercher Wednesday	1:00 - 3:00pm	28/02/2018	5	£35	
Crochenwaith Pottery	Mercher Wednesday	1:00 - 3:00pm	10/01/2018	10	£60	
Crochenwaith Pottery	Mercher Wednesday	5:30 - 7:30pm	10/01/2018	10	£60	
Crefft Siwgr Sugarcraft	Mercher Wednesday	6:00 - 8:00pm	10/01/2018	8	£60	

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost	
					Llawr Full	Gostyngiad Concession
Celf a Chrefft / Arts and Crafts						
Crochenwaith Pottery	Mercher Wednesday	7:30 - 9:30pm	10/01/2018	10	£60	
Gwerthfawrogi Celf Art Appreciation	lau Thursday	10:00 - 12:00pm	11/01/2018	10	£50	
Mosaigau Mosaics	lau Thursday	10:30 - 12:30pm	18/01/2018	4	£60	
Mosaigau (Canolradd) Mosaics (Intermediate)	lau Thursday	10:30 - 12:30pm	01/03/2018	4	£60	
Olew ac Acrilig (Pob safon) Oil and Acrylic (All levels)	lau Thursday	1:00 - 3:00pm	11/01/2018	10	£50	
Cyflwyniad i Fosaigau Mosaics - An Introduction	lau Thursday	1:00 - 3:00pm	01/03/2018	4	£60	
Crefftau Papur Modern Paper Crafts, Origami and Paper cutting	lau Thursday	1:00 - 3:00pm	11/01/2018	6	£42	
Crefftau Papur Modern Paper Crafts, Origami and Paper cutting	lau Thursday	1:00 - 3:00pm	01/03/2018	5	£35	
Gwnio (Pob safon) Sewing (All Levels)	lau Thursday	7:00 - 9:00pm	11/01/2018	11	£55	
Peintio Gouche Gouche Painting	Gwener Friday	9:30- 11.30am	12/1/18	6	£30	
Ymarfer Corff, Iechyd a Ffitrwydd / Exercise, Fitness and Health						
Dawnsio Llinell (Dechreuwr) Line Dancing (Beginners)	Llun Monday	1:30 - 3:00pm	08/01/2018	Wythnosol Weekly	£6	
Dawnsio Llinell Line Dancing	Llun Monday	7:30 - 9:30pm	08/01/2018	Wythnosol Weekly	£6	
Tai Chi 16 Cam (Dechreuwr) 16 Step Tai Chi Form (Beginners)	Mawrth Tuesday	10:00 - 11:00am	09/01/2018	6	£36	
Tai Chi 16 Cam (Dechreuwr) 16 Step Tai Chi Form (Beginners)	Mawrth Tuesday	10:00 - 11:00am	27/02/2018	5	£30	
Bolddawnsio Bellydancing	Mercher Wednesday	7:00 - 8:00pm	10/01/2018	Wythnosol Weekly	£5	
Ioga i Famau Beichiog Pregnancy Yoga	Mercher Wednesday	7:00 - 8:00pm	10/01/2018	Wythnosol Weekly	£8 ☎ 07861873588	
Tai Chi	Gwener Friday	10:30 - 11:30am	12/01/2018	6	£36	
Tai Chi	Gwener Friday	10:30 - 11:30am	02/03/2018	4	£24	
Tai Chi - Wild Goose Qigong	Gwener Friday	11:30 - 12:30pm	12/01/2018	6	£36	
Tai Chi - Wild Goose Qigong	Gwener Friday	11:30 - 12:30pm	02/03/2018	4	£24	

					Cost	
GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Llawn Full	Gostyngiad Concession
Technoleg Gwybodaeth / Information Technology						
Cyfrifiaduron (Dechreuwr) Computers (Beginners)	Llun Monday	9:30 - 12:00pm	08/01/2018	10	£50	£15
Sgiliau Sylfaenol gyda TG Essential Skills with ICT	Llun Monday	1:00 - 4:00pm	08/01/2018	11	Am ddim Free	
Rhyngwyd ac Ebst Internet and Email	Llun Monday	1:00 - 3:30pm	08/01/2018	10	£50	£15
Photoshop (Dechreuwr) Photoshop (Beginners)	Llun Monday	4:30 - 6:00pm	15/01/2018	10	£40	
ECDL	Mawrth Tuesday	6:00 - 8:00pm	09/01/2018	34	£36 Y modiwl / Per module	
ECDL (Pellach) ECDL (Advanced)	Mawrth Tuesday	7:00 - 9:00pm	09/01/2018	34	£68 Y modiwl / Per module	
Ciwb Camera (Croeso i aelodau newydd) Camera Club (New members welcome)	Mercher Wednesday	10:30 - 11:30am	10/01/2018	11	£20	
ECDL	Mercher Wednesday	6:00 - 8:00pm	10/01/2018	34	£36 Y modiwl / Per module	
ECDL (Pellach) ECDL (Advanced)	Mercher Wednesday	7:00 - 9:00pm	10/01/2018	34	£68 Y modiwl / Per module	
iPads (Dechreuwr) iPads (Beginners)	Iau Thursday	9:30 - 11:30am	11/01/2018	10	£45	£10
Ieithoedd / Languages						
German Further Beginners (4 terms) German Further Beginners (4 terms)	Llun Monday	1:00 - 3:00pm	08/01/2018	11	£72	
Sbaeneg (Canolradd Blwyddyn 2) Spanish (Intermediate year 2)	Llun Monday	7:00 - 9:00pm	08/01/2018	10	£68	
Sbaeneg i Ddechreuwr Spanish Beginners	Mawrth Tuesday	1:00 - 3:00pm	09/01/2018	10	£68	
Ffrangeg i Ddechreuwr da French Post Beginners	Mawrth Tuesday	1:00 - 3:00pm	09/01/2018	10	£66	
Sbaeneg (Tymor 2) Spanish (Term 2)	Mawrth Tuesday	6:00 - 8:00pm	09/01/2018	10	£68	
Cymraeg (Mynediad) Welsh (Entry)	Mercher Wednesday	9:30 - 3:30pm	10/01/2018	24	£95	
Sbaeneg i ddechreuwr (Tymor 3) Spanish Beginners (Term 3)	Mercher Wednesday	7:00 - 9:00pm	10/01/2018	10	£68	
Almaeneg (Canolradd- blwyddyn 2) German (Intermediate - Year 2)	Iau Thursday	1:00 - 15:00pm	11/01/2018	11	£72	
Cymraeg (Mynediad) Welsh (Entry)	Iau Thursday	6:30 - 9:00pm	11/01/2018	24	£75	
Sbaeneg (Uwch) Spanish (Advanced)	Iau Thursday	5:00 - 7:00pm	11/01/2018	10	£68	
Ffrangeg Pellach (Sgwrsio) Further French (Conversational)	Llun Monday	1:00 - 3:00pm	15/01/2018	5	£33 Pythefnosol / Fortnightly	

						Cost	
GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Llawr Full	Gostyngiad Concession	
Plant a Phobl Ifanc / Children and Young People							
Rhiant a Phlentyn Parent and Toddler	Llun Monday	9:30 - 11:30am	15/01/2018	Wythnosol Weekly	£1.50 y sesiwn/per session		
Rugbytots (Ryghi 2-7 oed) Rugbytots (Rugby play programme from 2-7 years)	Llun Monday	9:30 - 10:00am	08/01/2018	6	£36 ☎ 03453 136714		
Rugbytots (Ryghi 2-7 oed) Rugbytots (Rugby play programme from 2-7 years)	Llun Monday	9:30 - 10:00am	26/02/2018	5	£30 ☎ 03453 136714		
Tylino Babanod Baby Massage	Mercher Wednesday	1:00 - 2:30pm	10/01/2018	5	£19		
Rugbytots (Ryghi 2-7 oed) Rugbytots (Rugby play programme from 2-7 years)	Mercher Wednesday	4:10 - 4:55pm	10/01/2018	6	£36 ☎ 03453 136714		
Rugbytots (Ryghi 2-7 oed) Rugbytots (Rugby play programme from 2-7 years)	Mercher Wednesday	4:10 - 4:55pm	28/02/2018	5	£30 ☎ 03453 136714		
Ti a Fi*	Mercher Wednesday	11:30am	10/01/2018	Wythnosol Weekly	Am ddim Free		
Little Kickers (Pêl-droed Plant Bach) Little Kickers (Toddler Football)	lau Thursday	9:30 - 10:30am	11/01/2018	6	£36 ☎ 07740 867289		
Rhiant a Phlentyn Parent and Toddler	lau Thursday	9:30 - 11:30am	11/01/2018	Wythnosol Weekly	£1.50 y sesiwn/per session		
Little Kickers (Pêl-droed Plant Bach) Little Kickers (Toddler Football)	lau Thursday	10:30 - 11:30am	11/01/2018	6	£36 ☎ 07740 867289		
Tylino Babanod (cyn ysgol) Baby Massage (pre-school)	lau Thursday	1:00 - 2:00pm	11/01/2018	Wythnosol Weekly	Am ddim Free		
Stori a Chan*	lau Thursday	2:00 - 3:00pm	11/01/2018	Wythnosol Weekly	Am ddim Free		
Dawnsio bach (4-6oed) Baby Dance (4-6 yrs)	lau Thursday	4:30 - 5:30pm	11/01/2018	Wythnosol Weekly	£5 / £22.50 ☎ 07534 164038		
Arius: Cerddoriaeth, drama a dawns (5-18 oed) Arius: Music, Drama and Dance (5 - 18 yrs)	Gwener Friday	4:30 - 7:30pm	12/01/2018	Wythnosol Weekly	£12 y sesiwn/per session ☎ 01443 206708		
Doti a Fi*	Gwener Friday	1:00 - 3:00pm	26/01/2018	1	Am ddim Free		
Trwy Gyfrwng y Gymraeg / Through the Medium of Welsh							
Iwcs - Ukulele	Llun	7:00 - 9:00pm	08/01/2018	8	£25		
Ioga	Llun	6:00 - 7:00pm	08/01/2018	Wythnosol	£3.50 y sesiwn/per session		
Golwg ar Gymru	Mawrth	9:30 - 11:30am	09/01/2018	8	£30		
Tecstilau Creadigol	Llun	12:30 - 2:30pm	15/01/2018	8	£30		
Coginio (Ysgol Undydd gyda Love Welsh Cooking)	Sadwrn	10:00 - 3:00pm	27/01/2018	1	£30		

*Dwyieithog / Bilingual

GARTH OLWG Cwrs / Course	Diwrnod Day	Amser Time	Dyddiad Dechrau Start Date	Hyd (wyth) Duration (wks)	Cost	
					Llawr Full	Gostyngiad Concession
Diddordebau Eraill / Other Interests						
Sambago - Band Samba Cymunedol	Llun	6:00 -	08/01/2018	Wythnosol Weekly	£3 y sesiwn/per session	
Sambago - Community Samba Band	Monday	7:00pm				
Cor O2Five	Llun	7:30 -	08/01/2018	Wythnosol Weekly	£2 y sesiwn/per session	
O2Five Choir	Monday	9:00pm				
Hanes Teulu (Grwp hunan Gymorth) Family History (Self help group)	Mawrth Tuesday	9:30 - 11:30am	09/01/2018	10	£30	
Cyflwyniad i Seicoleg Introduction to Psychology	Mercher Wednesday	1:00 - 3:00pm	10/01/2018	10	£65	
Ukulele (Dechreuwyrr) Ukulele (Beginners)	Mercher Wednesday	5:00 - 6:00pm	10/01/2018	11	£40	
Ukulele (Croeso i aelodau newydd) Ukulele (New members welcome)	Mercher Wednesday	5:30 - 6:30pm	10/01/2018	11	£40	
Cynorthwyo'ch Ymwybyddiaeth Mindfulness Toolkit	Mercher Wednesday	5:30 - 7:30pm	10/01/2018	5	£25	
Cynorthwyo'ch Ymwybyddiaeth Mindfulness Toolkit	Mercher Wednesday	5:30 - 7:30pm	28/02/2018	5	£25	
Deal Cerddoriaeth Understanding Music	Iau Thursday	10:30 - 12:30pm	11/01/2018	11	£72	
Ysgrifennu ar gyfer y llwyfan a'r teledu Writing for the Stage and Screen	Iau Thursday	1:00 - 3:00pm	11/01/2018	10	£50	
Gitar (Pob safon) Guitar (All abilities)	Iau Thursday	4:00 - 6:00pm	11/01/2018	10	£50	
Coginio Dwyreiniol Oriental Cookery	Iau Thursday	4:00 - 6:00pm	11/01/2018	10	£50	
Ysgrifennu Creadigol Creative Writing	Iau Thursday	6:00 - 8:00pm	11/01/2018	10	£50	
Therapiau Cyflenwol Complimentary Therapies	Iau Thursday	6:00 - 8:00pm	11/01/2018	10	£50	
Coginio Indiaidd Indian Cookery	Iau Thursday	6:30 - 8:30pm	11/01/2018 22/03/2018	10	£50	
Garddio (Dechreuwyrr) Gardening (Beginners)	Gwener Friday	1:00 - 3:00pm	12/1/18	10	£50	
Cymorth Cyntaf yn y gweithle Emergency First Aid at work	Gwener Friday	9:00 - 4.30pm	16/02/2018	1 dydd/day	£45	
Diogelwch Bwyd Food Safety	Gwener Friday	9:00 - 4:30pm	02/03/2018	1 dydd/day	£30	
Gwasanaethau / Services						
Cyngor ar bopeth Citizens Advice	Mawrth Tuesday	9:30 - 11:30am	09/01/2018	Wythnosol Weekly	Am ddim Free	
Cyngor gan Drinkwise Age Well Drink Wise Age Well Drop In Sessions	Gwener Friday	12:30 - 4:30pm	12/01/2018	Wythnosol Weekly	Am ddim Free	

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 ABERDAR ABERDARE Library						
Ysgrifennu Creadigol Creative Writing	Llun Monday	10:00 - 12:00pm	08/01/2018	10	£50	
Gitar (Pob Safon) Guitar (All Abilities)	Llun Monday	6:00 - 8:00pm	26/02/2018	15	£75	
Llyfrgell HIRWAUN HIRWAUN Library						
Cyfrifiaduron(Dechreuwyf) Computers (Beginners)	lau Thursday	9:30 - 11:30am	11/01/2018	10	£44	£15
Cyfrifiaduron (Lefel 1) Computers(Level 1)	Gwener Friday	9:30 - 11:30am	12/01/2018	10	£44	£15
Rhyngwrwyd ac Ebst Internet and Email	Gwener Friday	12:00 - 2:00pm	12/01/2018	10	£44	£15
Llyfrgell ABERPENNAR MOUNTAIN ASH Library						
Hanes Lleol Local History	Llun Monday	2:00 - 4:00pm	08/01/2018	5	£25	
Hanes Lleol Local History	Llun Monday	2:00 - 4:00pm	26/02/2018	5	£25	
Llyfrgell PONTYPRIDD PONTYPRIDD Library						
Hanes Teulu Family History	Mawrth Tuesday	10:00 - 12:00pm	09/01/2018	5	£25	
Hanes Teulu Family History	Mawrth Tuesday	10:00 - 12:00pm	27/02/2018	5	£25	
Ysgrifennu ar gyfer y llwyfan a'r sgrin Writing for the Stage and Screen	Mawrth Tuesday	3:00 - 5:00pm	09/01/2018	10	£50	
Gitar (Pob safon) Guitar (All Abilities)	Mawrth Tuesday	5:00 - 7:00pm	09/01/2018	10	£50	
Hanes Celf Cymru Welsh Art History	Mercher Wednesday	10:00 - 12:00pm	10/01/2018	5	£25	
Hanes Celf Cymru Welsh Art History	Mercher Wednesday	10:00 - 12:00pm	28/02/2018	5	£25	
Hanes Lleol Local History	Gwener Friday	10:00 - 12:00pm	12/01/2018	5	£25	
Hanes Lleol Local History	Gwener Friday	10:00 - 12:00pm	02/03/2018	5	£25	
Llyfrgell Y PORTH PORTH Library						
iPads(Dewch a'ch teclyn) iPads (Bring your own)	Mercher Wednesday	9:30 - 12:00pm	10/01/2018	10	£45	£10
Rhyngwrwyd ac Ebst Internet and Email	Mercher Wednesday	2:00 - 4:30pm	10/01/2018	10	£50	£10

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 RHYDYFELIN RHYDYFELIN Library						
iPads(Dewch a'ch teclyn)	Mawrth Tuesday	9:30 - 12:00pm	09/01/2018	10	£50	£15
iPads (Bring your own)						
Hanes Lleol Local History	lau Thursday	2:00 - 4:00pm	11/01/2018	5	£25	
Hanes Lleol Local History	lau Thursday	2:00 - 4:00pm	01/03/2018	5	£25	
Gitar (Dechreuwyr) Guitar (Beginners)	lau Thursday	12:00 - 2:00pm	11/01/2018	10	£50	
Llyfrgell TONYPANDY TONYPANDY Library						
Iaith Arwyddo Sign Language	Sadwrn Saturday	11:00 - 12:30pm	13/01/2018	10	£37.50	
Llyfrgell TREORCI TREORCHY Library						
Hanes Lleol Local History	Llun Monday	10:00 - 12:00pm	08/01/2018	5	£25	
Hanes Lleol Local History	Llun Monday	10:00 - 12:00pm	26/02/2018	5	£25	

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

GARTHOLWG



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)

Jessica Stacey ☎ 07917 270301

Clwb Activity	Lleoliad Location	Diwrnod Day	Oed Age	Amser Time	Cost	Dechrau Start date
Plantos Heini Fit Kids	Y Gampfa Gymnasium	Llun Monday	3-5	4:00-4:45pm	£3	15/01/2018

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	7-11	4:00-4:45pm	£3	18/01/2018
Gymnasteg Gymnastics	Y Gampfa Gymnasium	Iau Thursday	5-7	5:00-5:45pm	£3	18/01/2018

Dysgu sgiliau craidd yn dilyn A-Z Gymnasteg Cymru. Rhaid Cofrestru.
Developing core skills by following Welsh Gymnastics A-Z Programme. Must pre-register.

Tots Chwaraeon Cymraeg Welsh Sport Tots	Neuadd Chwaraeon Sports Hall	Gwener Friday	3-6		£3	18/01/2018
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Dysgu a trio gwahanol fathau o chwaraeon pob wythnos e.e. pel droed, pel rwyd, tenis a rygbi. Rhaid Cofrestru.
Learning and trying new sports each week. E.g. Football, netball, tennis and rugby.
Must pre-register.