

<b>Dyddiad / Date</b>	<b>Amser / Time</b>	<b>Gweithgaredd / Activity</b>	<b>Cost</b>	<b>Lleoliad / Location</b>
<b>Merch / Weds 24/7</b>	<b>10 - 3</b>	<b>Gymnasteg / Gymnastics</b>	<b>£15.00</b>	<b>Ganolfan hamdden / Leisure Centre</b>
<b>Iau / Thursday 25 / 7</b>	<b>10 – 3</b>	<b>Gwersyll Ffitrwydd / Fitness Camp</b>	<b>£15.00</b>	<b>Hwb Yr hen ysgol</b>
<b>Merch / Weds 31/7</b>	<b>10 - 3</b>	<b>Gwersyll chwaraeon Racedi/ Racket sports Camp</b>	<b>£15.00</b>	<b>Ganolfan hamdden / Leisure Centre</b>
<b>Iau / Thursday 1/8</b>	<b>10 – 3</b>	<b>Camp Nofio / Swimming Camp</b>	<b>£15.00</b>	<b>Pwll Nofio / Swimming Pool</b>
<b>Dim Camp Chwaraeon yn ystod wythnos Eisteddfod / No Sports Camp during Eisteddfod week</b>				
<b>Merch / Weds 14/8</b>	<b>10 - 3</b>	<b>Gymnasteg / Gymnastics</b>	<b>£15.00</b>	<b>Ganolfan hamdden / Leisure Centre</b>
<b>Iau / Thursday 15/8</b>	<b>10 – 3</b>	<b>Gwersyll Ffitrwydd / Fitness Camp</b>	<b>£15.00</b>	<b>Hwb Yr hen ysgol</b>
<b>Merch / Weds 21/8</b>	<b>10 - 3</b>	<b>Gymnasteg / Gymnastics</b>	<b>£15.00</b>	<b>Ganolfan hamdden / Leisure Centre</b>
<b>Iau / Thursday 22/8</b>	<b>10 – 3</b>	<b>Camp Nofio / Swimming Camp</b>	<b>£15.00</b>	<b>Pwll Nofio / Swimming Pool</b>

## Gwersyll Chwaraeon Yn Llanrwst

Nod y gwersyll Chwaraeon yn Llanrwst yw darparu sesiynau hyfforddiant chwaraeon diogel, fforddiadwy o safon i blant, boed yn fechgyn neu ferched, a phobl ifanc rhwng 5 a 12 oed.

Mae gwersyll Chwaraeon Llanrwst yn ddwyieithog, a byddwn yn ceisio sgwrsio â'r plant ym mha bynnag iaith maen nhw'n gyfforddus â hi drwy gael mynediad i gefnogaeth a chanllawiau.

Bydd staff wedi cwblhau cymhwyster hyfforddi chwaraeon perthnasol a cymwysterau/hyfforddiant Cymorth Cyntaf sylfaenol, Amddiffyn Plant ac Iechyd a Diogelwch neu fe'u hanogir i wneud hynny. Bydd rhaid i staff hefyd gael gwiriadau gan y Gwasanaeth Datgelu a Gwahardd a gwiriadau iechyd.

### Beth fydd eich plentyn ei angen

Ffurflen gofrestru wedi'i llenwi  
Cinio a byrbryd a digon i'w yfed

Dillad addas i gael hwyl ynddynt (Esgidiau ymarfer, trowsus, trowsus byr, crys-t, siwmpwr rhag ofn ei bod yn oer)

Gwisg neu drynciau nofio a thywel os byddwch yn nofio

\*Gwersyll Nofio: Rhaid i bob plentyn sy'n mynychu allu nofio o leiaf 100m

## Sports Camps in Llanrwst

It is the aim of Sports camp at Llanrwst to provide safe, affordable, quality sports coaching sessions for children, both boys & girls, and young people aged between 5-12 years old.

Llanrwst Sports camp is bilingual speaking, and we will endeavour to converse with the children in whichever language they are comfortable through accessing support and guidance.

Staff will have the relevant sports coaching qualification, completed basic First Aid, Child Protection and Health and Safety qualifications/training and hold A DBS check

### What your child will need

A completed registration form

Lunch and a snack and plenty to drink

Suitable clothing for having fun in (Trainers, trousers, shorts, t-shirt, jumper in case it is cold)

Swimming costume or trunks & a towel if swimming

\*Swimming Camp: All children attending must be able to swim at least 100m



# Llanrwst 2019

Gweithgareddau gwyliau haf / summer holiday activities

## Gwersyll Gymnasteg / Gymnastics Camp



## Gwersyll Ffitrwydd / Fitness Camp



## Gwersyll Chwaraeon ragedi - Racket sports Camp



## Gwersyll Nofio / Swimming Camp



gwella iechyd - mwynhau bywyd improving health - enjoying life

[www.conwy.gov.uk](http://www.conwy.gov.uk)