

NOFIO

CYNLLUN NOFIO AM DDIM I BLANT

SWIMMING

FREE SWIMMING SCHEME FOR CHILDREN



BETH?

Cynllun i blant i ddod i nofio ac i gymryd rhan mewn amryw o weithgareddau gwahanol ym mhyllau nofio Gwynedd yn rhad ac am ddim.

I BWY?

Gall unrhyw blentyn sy'n byw yng Nghymru fanteisio ar y cynllun os ysynt yn 16 oed neu iau.

(Os yw'r plentyn dan 8 oed mae Polisi Mynediad Pyllau Nofio Gwynedd yn datgan fod rhaid i riant neu warchodwr fod gyda'r plentyn drwy'r adeg. Ni chaniateir i riant neu warchodwr oruchwyllo mwy nag un plentyn dan 8 oed. Mewn amgylchiadau fel hyn bydd y riant yn cael mynediad i'r pwll am ddim).

PRYD?

Ar adegau arbennig yn ystod gwyliau ysgol gan gynnwys gwyliau hanner tymor. Gall yr oriau amrywio o bwl i bwl, ac felly, cysylltwch â'ch pwll nofio lleol am fanylion pellach.

GWNEUD BE?

Gall pob pwll gynnig ystod o weithgareddau gan gynnwys:

- Gwersi Nofio
- Achub bywyd sylfaenol ac cymwybyddiaeth o ddiogelwch dŵr
- Polo dŵr
- Aerobics dŵr
- Snorclo
- Sesiynau Hwyl
- Cystadleuaeth Her Nofio Cymru (cyfle i nofio a chynrychioli Gwynedd mewn cystadleuaeth ym Mhwll Cenedlaethol Cymru, Abertawe)

SUT?

Bydd angen i bob plentyn gofrestru er mwyn cael cymryd rhan. Mae ffurflenni ar gael yn y pyllau nofio unigol a bydd angen i rieni / warchodwyr y plant arwyddo'r ffurflen ar eu rhan.

YN LLE? / WHERE?

Mae'r map isod yn dangos ym mha ganolfannau gallwch fynd i nofio. The map below indicates at which centres you can go swimming.



Am fanylion pellach cysylltwch â'ch pwll nofio lleol. For further details contact your local swimming pool.

Canolfan Hamdden Arfon, Caernarfon	(01286) 676451
Canolfan Hamdden Bro Ffestiniog, Blaenau Ffestiniog	(01766) 831953
Canolfan Hamdden Bro Dysynni, Tywyn	(01654) 711763
Canolfan Hamdden Dwyfor, Pwllheli	(01758) 613437
Canolfan Hamdden Glaslyn, Porthmadog	(01766) 512711
Canolfan Hamdden Harlech, Harlech	(01766) 780576
Canolfan Hamdden Penllyn, Y Bala	(01678) 621222
Pwll Nofio / Swimming Pool, Bangor	(01248) 370600

Mae'r cynllun hwn yn rhan o fenter genedlaethol sy'n cael i ariannu gan Lywodraeth Cynulliad Cymru.

This scheme is part of a national initiative funded by the Welsh Assembly Government



www.gwynedd.gov.uk

WHAT?

The scheme allows children to come swimming and to take part in various activities in each swimming pool in Gwynedd, free of charge.

WHO?

Any child who is aged 16 or under and who lives in Wales can take part.

(If the child is under 8 years of age the Gwynedd Swimming Pools Admission Policy states that a parent or guardian must accompany that child at all times. A parent/guardian may only supervise one child under 8 years of age. The parent/guardian would receive free admission under these circumstances). Contact your local pool for full details.

WHEN?

During specific hours within all school holidays including half term holidays. The hours may vary from pool to pool. Contact your local pool for further details.

DOING WHAT?

Each pool offers various activities that may include:

- Swimming lessons
- Basic Life Saving skills and water safety awareness
- Water Polo
- Aqua Aerobics
- Snorkelling
- Fun Sessions
- Swim Challenge Wales (an opportunity to swim and represent Gwynedd in the National Pool, Swansea)

HOW?

Each child must complete a registration form that is signed by a parent / guardian to take part. The forms are available at each individual swimming pool.