

GWERSI GYMNASTEG



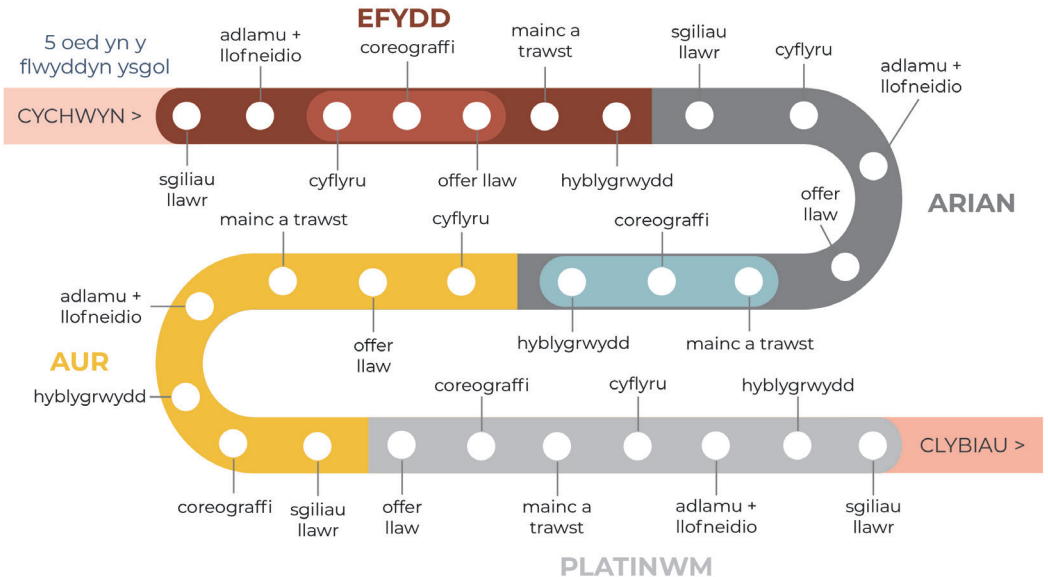
O Mis Ebrill ymlaen, fe fydd Gwersi Gymnasteg Byw'n Iach yn dilyn llwybyr “A – Z” Gymnasteg Cymru sydd yn datblygu sgiliau hanfodol gymnasteg yn y maesydd canlynol:

**SGILIAU LLAWR
ADLAMU A LLOFNEIDIO
MAINC A TRAWST
CYFLYRU**

**HYBLYGRWYDD
COREOGRAFFI
OFFER LLAW**

Fe fydd y gwersi yn cael eu strwythuro ar sail y graddfa isod:

Dosbarth Cychwynwyr	Efydd
Dosbarth Canolradd	Arian
Dosbarth Uwch	Aur
Dosbarth Elit	Platinwm



Fe fydd taliadau am y gwersi yn cael eu derbyn un ai trwy daliad bloc, neu drwy daliad DU misol.

Unwaith fydd gymnastwyr wedi cwblhau bathodyn Platinwm, byddant wedi cyrraedd diwedd eu taith yng Ngwersi Gymnasteg Byw'n Iach a byddant yn gallu parhau â'u taith datblygu mewn clybiau lleol.

Holwch yn y dderbynfa am fwy o manylion.

GYMNASTICS LESSONS

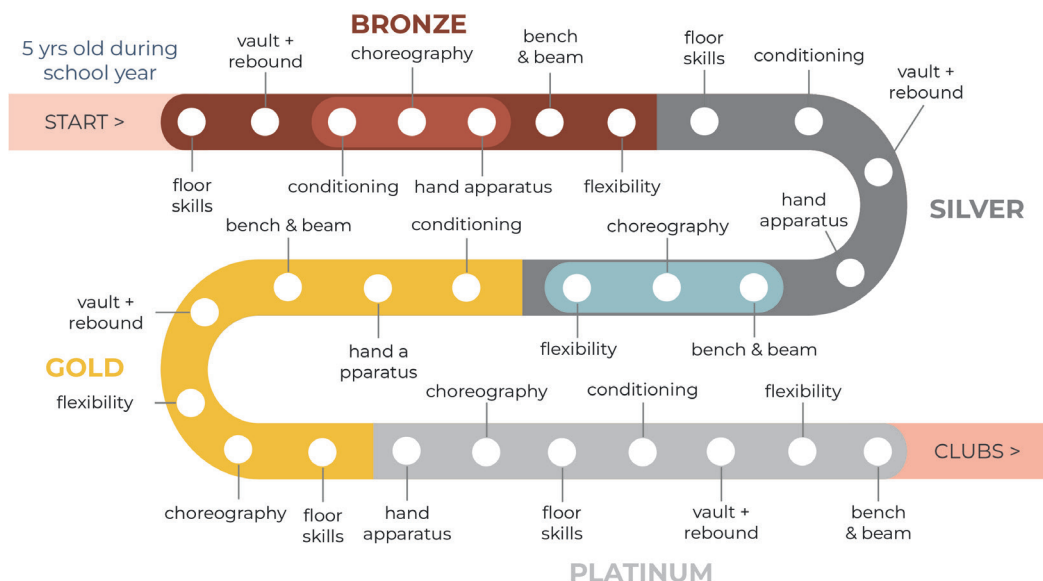
From April onwards, Byw'n lach Gymnastics Lessons will follow Welsh Gymnastics' "A – Z" pathway, which develops essential gymnastics skills in the following areas:

FLOOR SKILLS
VAULT & REBOUND
BENCH & BEAM
CONDITIONING

FLEXIBILITY
CHOREOGRAPHY
HAND APPARATUS

The lessons will be structured to the following layout:

Beginners Class	Bronze
Intermediate Class	Silver
Advanced Class	Gold
Elite Class	Platinum



Payments for lessons will be collected either on a block basis or via DD monthly payment.

Once gymnasts have completed their Platinum badge, they will have reached the end of their journey in Byw'n lach Gymnastics Lessons and will be able to continue their development in local clubs.

Ask at reception for further details.