



Wave 5
Wednesday 16:30



Cwsmer Debyd Uniongyrchol



Sesiwn nesaf
Wednesday, March 4th 2026, 4:30 pm

+ YCHWANEGU AELOD

Cymhwysedd



Pasio

/

Pass

Nofio yn yr unfan (Troedio dwr) am 30 eiliad gan arddangos dull ar gyfer galw am help cyn symud i'r ystum CWTSIO gyda phartner neu grwp bach
Tread water for 30 seconds whilst demonstrating an action for getting help then move into the HUDDLE position with a partner or small group
Diweddarwyd diwethaf: Wednesday, September 10th 2025



Pasio

/

Pass

Perfformio taflad achub effeithiol o bellter o 5 metr a chyfarwyddo'r partner i gicio i ymyl y pwll
Demonstrate an effective throwing rescue from a distance of 5 metres and instruct the partner to kick to the pool edge
Diweddarwyd diwethaf: Wednesday, September 10th 2025



Da /

Good

Adnabod y 4 neges Diogelwch Dwr a Fflagiau/
Correctly identify the four key water safety messages and beach flags
Diweddarwyd diwethaf: Wednesday, September 10th 2025

Gweld pob cymhwysedd

Rhestrau aros

Dim rhestrau aros

Hanes y dosbarth

Cwrs

Enw'r Dosbarth

Gwersi Nofio
Swimming Lessons

Wave 4

Dechreuwyd: Wednesday, December 18th 2024

Wedi'i Gwblhau: Wednesday, June 25th 2025

Gwersi Nofio
Swimming Lessons

Wave 1&2 4+5 (Danny in water)

Dechreuwyd: Wednesday, July 5th 2023

Wedi'i Gwblhau: Wednesday, February 21st 2024

Gwersi Nofio
Swimming Lessons

Wave 1&2 4+5 (Joel in water)

Dechreuwyd: Monday, June 13th 2022

Wedi'i Gwblhau: Monday, July 3rd 2023

Gweld yr holl hanes

Bathodynau



Ton 4 Wave

Cyflawnwyd ar: Wednesday, May 7th 2025



Ton 3 Wave

Cyflawnwyd ar: Wednesday, November 27th 2024



Ton 2 Wave

Cyflawnwyd ar: Wednesday, November 1st 2023

Gweld pob bathodyn