

NEWYDDLEN BYW'N IACH BYW'N IACH NEWSLETTER

Medi . September 2026



Cynllun Gwersi Nofio Newydd New Swimming Lessons Plan

Rydyn ni'n falch iawn fod Gwynedd wedi ei dewis i fod yn rhan o gam cyntaf rhaglen newydd Llywodraeth Cymru, Nofio Ysgol – y Rhaglen Genedlaethol Nofio a Diogelwch Dŵr mewn Ysgolion. Y nod yw sicrhau bod pob plentyn yn cael y cyfle i ddatblygu hyder yn y dŵr, dysgu sgiliau diogelwch dŵr a magu profiad nofio fel rhan o'u haddysg. Bydd o leiaf 20 awr o wersi nofio yn cael eu cynnal ar gyfer disgyblion blynyddoedd 4 a 5.

Cadwch lygad am fwy o fanylion!

We are delighted that we have been selected to be part of the first phase of the Welsh Government's new programme, Nofio Ysgol - the National School Swimming and Water Safety Programme. The aim is to ensure that every child has the opportunity to develop confidence in the water, learn water safety skills and gain swimming experience as part of their education. A minimum of 20 hours of swimming will be provided for pupils in Years 4 and 5.

Keep an eye out for more details!





Gweithgareddau Plant: Gwyliau Ysgol 2026

Children's Activities: School Holidays 2026

Dros yr haf eleni, cynhaliwyd gweithgareddau Haf o Hwyl megis campau chwaraeon, chwarae meddal, inflatables pwll, sesiynau chwarae i blant ag anghenion ychwanegol, gwersi nofio, pasbort ffitrwydd, dosbarthiadau ffitrwydd, a llawer mwy ar gyfer plant a phobl ifanc ar draws Gwynedd.

Cadwch lygad allan ar ein cyfryngau cymdeithasol am amserlen Hanner Tymor yr Hydref - yn dod yn fuan!

Over the summer, we hosted our Summer of Fun activities such as sports camps, soft play, water inflatables, play sessions for children with additional needs, swimming lessons, fitness passport, fitness classes and much more for children and young people across Gwynedd.

Keep an eye out on our social media platforms for the Autumn Half Term timetable - coming soon!

26.10.26 - 30.10.26

Yn dod yn fuan i Arfon! Coming Soon to Arfon!

Newyddion cyffrous i gwsmeriaid ardal Caernarfon - mae gwaith ar yr ystafell ffitrwydd newydd yn Byw'n Iach Arfon wedi cychwyn! Disgwylir i'r gwaith gael ei gwblhau erbyn diwedd y flwyddyn, felly cadwch lygad allan am ddiweddariadau!

Exciting news for our Caernarfon area customers - the work on the new fitness room at Byw'n Iach Arfon has started! We expect the work to be finished by the end of the year, so keep an eye out for updates!



"Credaf y bydd yn gwneud gwahaniaeth mawr i'r gymuned gyfan, offer ar gyfer pawb o bob gallu"

"I think it will make a big difference to the whole community, equipment for everyone of all abilities"

Carys Ferris, Rheolwr Ardal y Canol . Central Area Manager

Ystafell Ffitrwydd Newydd Dwyfor Dwyfor's New Fitness Room

Ym mis Mai 2026, agorodd Byw'n lach Dwyfor ddrysau ei ystafell ffitrwydd newydd. Mae'r cyfleusterau newydd yn rhoi iechyd a ffitrwydd cymuned Pwllheli, Llŷn ac Eifionydd fel ein prif ffocws, gan gynnig amgylchedd diogel a chroesawgar i bawb. Mae'r offer Biocircuit newydd yn cynnig cyfleoedd ffitrwydd cynhwysol a hygyrch ar gyfer pob lefel o ffitrwydd, heb adael neb ar ôl.

In May 2026, Byw'n lach Dwyfor opened the doors to it's new fitness room. The new and improved facilities put the health and fitness of the Pwllheli, Llŷn and Eifionydd community at the centre of our focus, offering a safe and welcoming environment for all. The new Biocircuit equipment offers inclusive and accessible fitness opportunities for all levels of fitness, leaving nobody behind.

Darllenwch fwy
Read more





Lansiad y Porth Cartref Launching the Home Portal

Yn gynharach yn y flwyddyn, fe wnaethon ni lansio'r Porth Cartref. Mae hon yn system sy'n galluogi rhieni i gael mynediad at adroddiad cynnydd gwersi nofio eu plentyn. Os nad ydych chi wedi sefydlu eich cyfrif eto, ewch i'r wefan!

Earlier this year, we launched the Home Portal. This is a system that enables parents to access their child's swimming lesson progress report. If you've not set up your account yet, visit our website!



Dewch i Adnabod Ela! Meet Ela!

Dewch i adnabod Ela: ein Swyddog Cymunedol newydd!

Efallai eich bod chi'n ei hadnabod fel Rheolwr ar Ddyletswydd os ydych chi'n gwsmer Byw'n Iach Penllyn, ond o fis Medi ymlaen mi fydd Ela yn ymuno a'r tîm marchnata.

Cadwch lygaid allan amdani yn gweithio o gwmpas eich ardal leol!

Meet Ela: our new Community Officer!

You might know her if you're a Byw'n Iach Penllyn customer as the Duty Manager, but from September onwards, she is joining the marketing team.

Keep an eye out for her working in your local area.

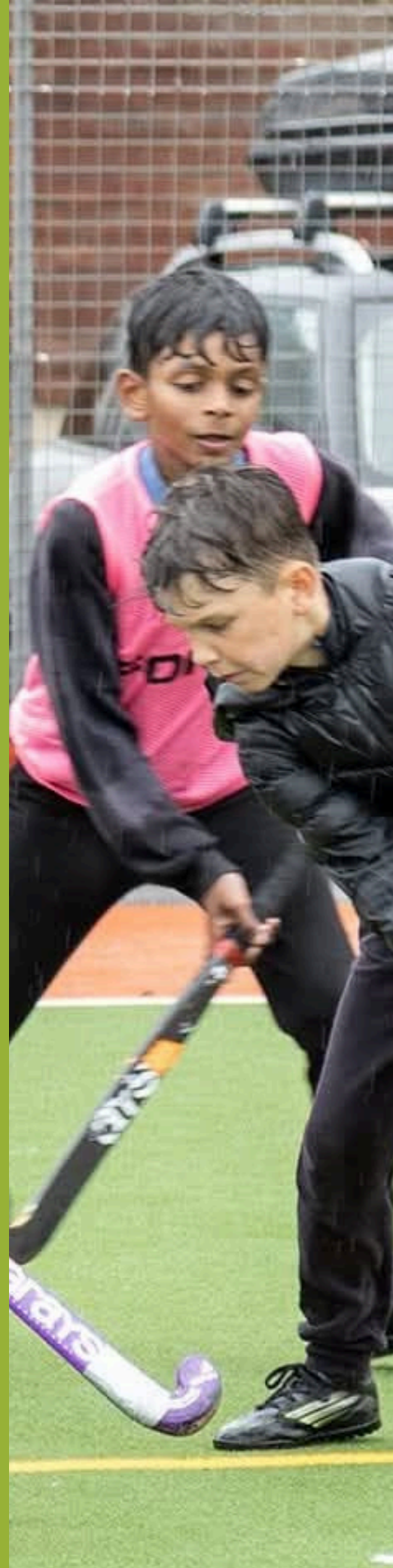
Cae pob Tywydd Bro Dysynni Bro Dysynni's All Weather Pitch

Ar 01/06/26, cynhaliodd Byw'n Iach Bro Dysynni ddigwyddiad agoriadol ar gyfer y cae pob tywydd newydd. Roedd y digwyddiad yn gyfle i aelodau'r gymuned, ysgolion lleol a'r timau a fu'n gyfrifol am helpu i wireddu'r prosiect ddod ynghyd i ddefnyddio'r cae ac i ddysgu mwy am y cyfleuster newydd.

Cafwyd buddsoddiad o £360,000 rhwng Chwaraeon Cymru, Llywodraeth Cymru, Llywodraeth y DU, Mantell Gwynedd, Byw'n Iach, Cyngor Gwynedd, Cyngor Tref Tywyn a'r gymuned leol, a bydd yn darparu cyfleusterau modern i'r gymuned gan gynnwys y clybiau hoci a phêl-droed a'r ysgolion lleol.

On 01/06/26, we had the official opening event at Byw'n Iach Bro Dysynni's new all weather pitch. This was an opportunity for members of the community, local schools and the teams responsible for helping to complete the project to come together to use the pitch and learn more about the new facility.

We received £360,000 in investments between Sport Wales, Welsh Government, UK Government, Mantell Gwynedd, Byw'n Iach, Cyngor Gwynedd and Tywyn Town Council and the local community, and it will provide modern facilities for the community including the local hockey clubs, football clubs and schools.



Gweithgareddau'r Tîm Cymunedau Actif

The Active Communities Team's Activities



Bws Bwrlwm

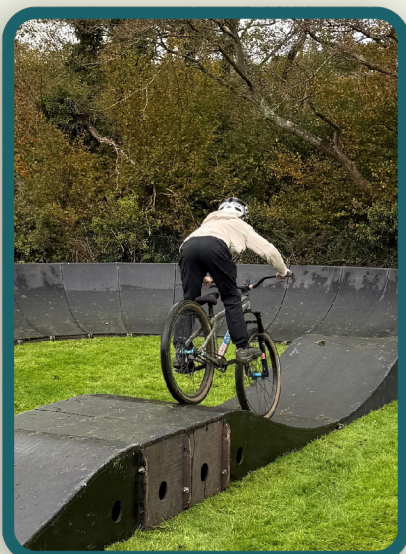
Sesiynau gweithgareddau aml-chwaraeon am ddim i blant 5-11 oed ar draws Gwynedd.

Free Multi-sport activity sessions for children ages 5-11 across Gwynedd.

Ras Ieuenctid Yr Wyddfa Junior Snowdon Race

Ras ar gyfer plant 7-18 oed yn dilyn y brif ras.

A race for children ages 7-18 following the main race.



Sesiynau Beicio Dolgellau Dolgellau Cycling Sessions

Sesiynau mewn partneriaeth â Dreigiau Coed y Brenin yn Nolgellau.

Sessions in partnership with Dreigiau Coed y Brenin in Dolgellau.

Gŵyl Sglefrfyrrddio Skateboarding Festival

Gŵyl mewn partneriaeth â Chlwb Sglefrfyrrddio Llanberis yn Storiel Bangor.

A festival in partnership with Llanberis Skateboarding Club at Storiel Bangor.



Sesiynau Beics Balans Balance Bikes Sessions

Sesiynau Beics Balans am ddim ar gyfer plant 2-5 oed yn Nhalysarn.

Free Balance Bikes sessions for children 2-5 years old in Talysarn.

Sesiynau BMX Talysarn Talysarn BMX Sessions

Sesiynau mewn partneriaeth â Dreigiau Coed y Brenin yn Nolgellau.

Sessions in partnership with Dreigiau Coed y Brenin in Dolgellau.



Cystadlaethau HYROX Byw'n Iach Byw'n Iach HYROX Competitions

Ar 6 a 7 o Fehefin, cynhaliodd Byw'n Iach Arfon gystadleuaeth HYROX arall Llawn, Hanner a phlant i'r gymuned leol. Noddwyd y gystadleuaeth yn garedig gan Jordan Fitness, Sawna Seiont, MKM Building Supplies Bangor, NOCCO, Hughes Mabon Hire a Perform Better UK.

Roedd y gwaith tîm, yr egni a'r ymroddiad gan bawb yn wirioneddol ysbrydoledig, ac rydym yn edrych ymlaen at wneud y cyfan eto ar 07/11/26!

Heb archebu eich lle eto? Mae amser o hyd! Mae archebu ar gyfer ein Hanner HYROX yn cau ar 28/10/16.

On the 6th and 7th of June, Byw'n Iach Arfon hosted another Full, Half and children's HYROX competition for the local community. The competition was kindly sponsored by Jordan Fitness, Sawna Seiont, MKM Building Supplies Bangor, NOCCO, Hughes Mabon Hire and Perform Better UK.

The teamwork, energy, and dedication from everyone was truly inspiring, and we are looking forward to doing it all again in on 07/11/26!

Not booked your space yet? There's still time! Booking for our Half HYROX closes on 28/10/16.



Archebwch!
Book!

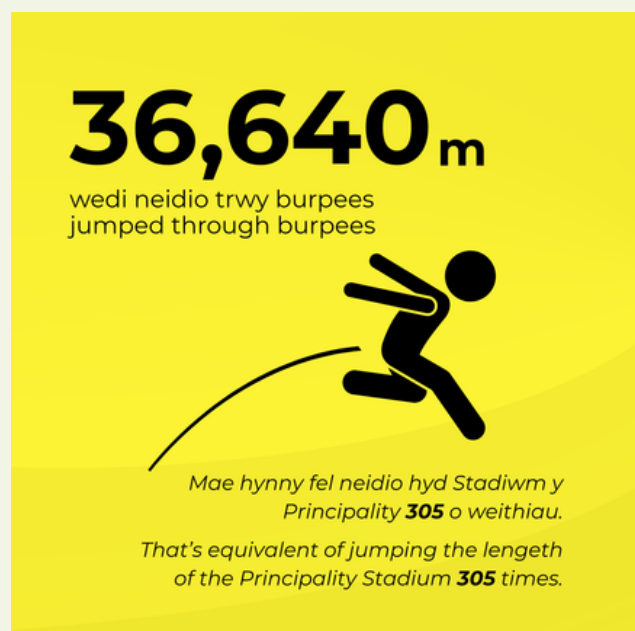


Rhwng pob cystadleuaeth Hyrox Byw'n lach hyd yn hyn, mae **716** o oedolion wedi cymryd rhan! Mae hyn yn cynnwys y **516** ohonoch sydd wedi cymryd rhan yn ein Hanner Hyrox a'r **200** ohonoch sydd wedi cymryd rhan yn ein cystadlaethau Hyrox Llawn!

I ddangos i chi pa mor drawiadol yw hynny, dyma ddadansoddiad o'r hyn rydych wedi'i gyflawni gyda'ch ymdrech ar y cyd:

*Between all Byw'n lach Hyrox competitions up until now, **716** adults have taken part! This includes the **516** of you who have taken part in our Half Hyrox and the **200** of you who have take part in our Full Hyrox competitions!*

To show you just how impressive that is, here's a break down of what you collective effort has achieved:



Hyfforddiant Staff Staff Training

I wella safon ein dysgu a'r rhaglen, ers mis Ionawr 2026, mae'r cyrsiau isod wedi eu trefnu ar gyfer staff Byw'n Iach:

- Cwrs Lefel 2 Ffitrwydd a Cylched ar gyfer 5 aelod o staff.
- Cwrs Lefel 2 Acwa ar gyfer 7 aelod o staff.
- Diwrnod hyfforddiant CPD staff ffitrwydd ar gyfer 17 aelod o staff.

To improve the standard of teaching and the programme, since January 2026, the following courses have been arranged for staff:

- *Level 2 Fitness and Circuit course for 5 members of staff.*
- *Level 2 Aqua course for 7 members of staff.*
- *Fitness Staff CPD training day for 17 members of staff.*



Galas Nofio Swimming Galas

Dros y misoedd diwethaf, cynhaliwyd 9 gala nofio ar gyfer ysgolion cynradd ar draws Gwynedd. Roedd y galas yn gyfle i 900 o blant lleol gystadlu a dangos y sgiliau oeddent wedi eu dysgu yn eu gwersi nofio ysgol dros y flwyddyn.

In recent months, 9 swimming galas were held for primary schools across Gwynedd. The galas were an opportunity for 900 local children to compete and show the skills they had learned in their school swimming lessons over the year.





Diogel yn y Dŵr . Swim Safe

Ym mis Mehefin 2026, cynhaliodd Byw'n Iach sesiynau Diogel yn y dŵr ar gyfer Ysgolion Cynradd Gwynedd ar draws y sir ym Mhlas Heli, Tywyn, Y Bala a Phlas Menai. Roedd y sesiynau hyn mewn cydweithrediad â Phlas Menai, Parkwood ac Urdd Gobaith Cymru. Diolch i grant gan Children's Alliance, roedd modd cynnig y sesiynau eleni yn rhad ac am ddim i'r 350 o blant a fynychodd, gan ganiatáu i blant o bob cefndir gymryd rhan a dysgu sgiliau achub bywyd mewn dŵr agored a allai achub eu bywydau ryw ddiwrnod.

In June 2026, Byw'n Iach, in collaboration with Plas Menai, Parkwood and Urdd Gobaith Cymru, hosted Swim Safe sessions for Gwynedd Primary Schools across the county in Plas Heli, Tywyn, Y Bala and Plas Menai. Thanks to a grant from Children's Alliance, this year's sessions were able to be offered free of charge to the 350 children who attended, allowing children from all backgrounds to take part and learn skills in open bodies of water which could save their lives.

“Mae Diogel yn y Dŵr Cymru yn gyfle gwych i roi profiad dŵr agored i blant a phobl ifanc”

“Swim Safe Cymru is a fantastic opportunity to give children and young people the experience of open water”

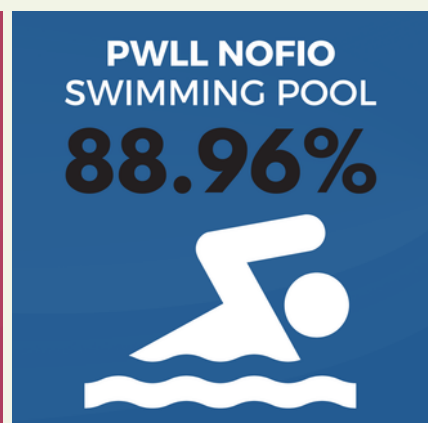
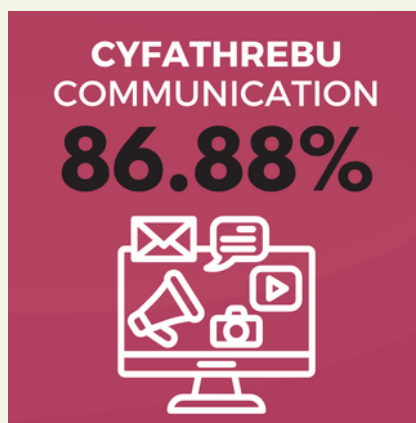
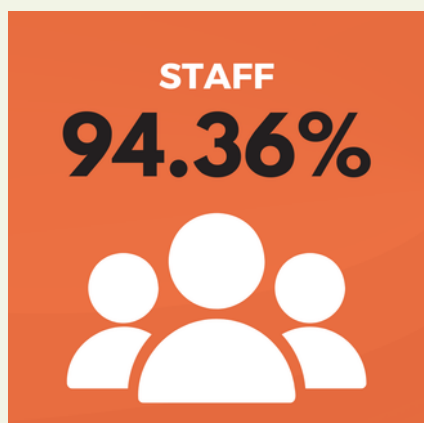
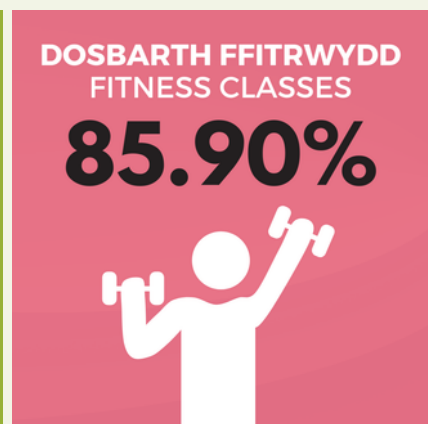
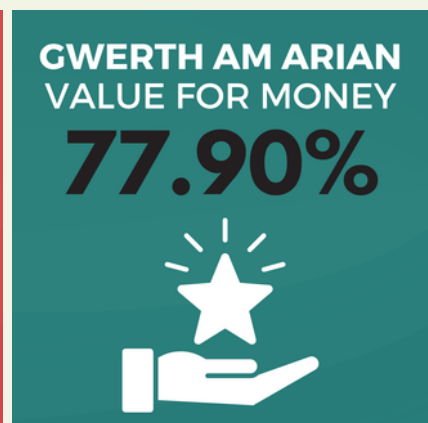
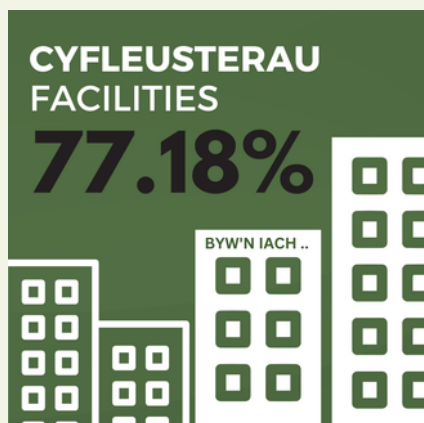
Hannah, Nofio Cymru . Swim Wales

Canlyniadau Holiadur Boddhad Cwsmer

Customer Satisfaction Survey Results

Diolch i chi gyd am lenwi'r Holiadur Boddhad Cwsmer yn ystod mis Gorffennaf 2026, bydd eich adborth yn ein helpu i wella ein canolfannau dros y flwyddyn ariannol nesaf. Dyma grynodedb o beth ddywedoch chi:

Thank you all for completing the Customer Satisfaction Questionnaire during July 2026, your feedback will help us improve our centers over the next financial year. Here's a summary of what you said:



Dywedoch Chi, Gwnaethom Ni You Said, We Did

Yn dilyn yr holiadur boddhad cwsmer ym mis Ionawr, dyma rai o'r gwelliannau sydd wedi cael eu gwneud i'r canolfannau Byw'n Iach!

Following the customer satisfaction survey in January, here are some of the improvements which have been made to the Byw'n Iach centres!

"Mae angen gwella oriau agor y canolfannau yn ne'r sir"
"Improvements are needed to the centres opening hours in the south of the county"

Mae Byw'n Iach Bro Dysynni, Penllyn a Glan Wnion nawr ar agor am 7:00 ar rai diwrnodau o'r wythnos

Byw'n Iach Bro Dysynni, Penllyn and Glan Wnion now open at 7:00 on selected days

"Mae'r cysylltiad wi-fi yn Byw'n Iach Bangor yn ddrwg"

"The wi-fi connection at Byw'n Iach Bangor is poor"

Rydym wedi uwchraddio i Ffibr Optig yn Byw'n Iach Bangor i helpu gyda'r problemau cysylltu.

We have upgraded to Fibre Optic at Byw'n Iach Bangor to help with the connection issues.

"Byddai'n braf cael mwy o offer newydd a diweddar yn Byw'n Iach Arfon"

"It would be nice to have more new and updated equipment at Byw'n Iach Arfon"

Mae cynllunio wedi cychwyn ar gyfer ystafell ffitrwydd newydd Arfon a bydd ar agor erbyn diwedd y flwyddyn!

Planning has started for the new Arfon gym and it will be open by the end of the year!



"Mae angen cyfleusterau gwell yn ystafell
ffitrwydd Byw'n lach Dwyfor"

*"We need better facilities in the Byw'n lach
Dwyfor Fitness Room"*

Agorodd yr ystafell ffitrwydd newydd ym mis
Mai gydag offer Technogym Biocircuit.

*The new gym opened this May with
Technogym Biocircuit equipment.*

"Bysa hi'n neis cael y caffi yn ôl yn Byw'n lach
Plas Ffrancon"

*"It would be nice to have the cafe back at
Byw'n lach Plas Ffrancon"*

Mae'r caffi newydd bellach ar agor, yn gwerthu
tatws trwy'u crwyn, pitsas, smwddis a mwy!

*The new cafe is now open, serving jacket
potatos, pizzas, smoothies and more!*

"Mae angen mwy o ddosbarthiadau y tu allan i
oriau gwaith"

"We need more classes outside of work hours"

Mae dosbarthiadau bore cynnar wedi eu
hychwanegu at Byw'n lach Plas Ffrancon a
Bangor.

*Early morning classes have been added to
Byw'n lach Plas Ffrancon and Bangor.*

"Mae angen gwella ansawdd yr ystafelloedd
newid yn rhai o'r canolfannau"

*"Improvements are needed to the changing
rooms at some of the centres"*

Mae llenni cawod i'w hychwanegu at y cawodydd
ym Mhlas Ffrancon ac mae'r ystafelloedd newid yn
cael eu peintio yn Arfon a Phlas Ffrancon.

*Shower curtains are to be added to the showers at
Plas Ffrancon and the changing rooms are being
painted at Arfon and Plas Ffrancon.*

Canlyniadau Holiadur Gwersi Nofio

Swimming Lessons Survey Results

Diolch i chi gyd am lenwi'r holiadur Gwersi Nofio, bydd eich adborth yn ein helpu i wella ein gwersi dros y flwyddyn ariannol nesaf. Eich sgôr gyffredinol ar gyfer y gwersi oedd **81.85%**. Dyma grynodedb o'r canlyniadau:

*Thank you all for completing the Swimming Lessons questionnaire, your feedback will help us improve our lessons over the next financial year. Your general score for the lessons was **81.85%**. Here's a summary of the results:*

Ydi'r athrawon nofio yn rhoi adborth i'ch plentyn?

Do the teachers give your child feedback?

74.70%



Ydi'r athrawon nofio yn defnyddio'r Cymraeg?

Does the teacher use Welsh?

92.65%



Mae'r athro/athrawes yn addasu y wers yn ôl gallu eich plentyn

The teacher adapts the lesson based on your child's ability

82.70%



Cynnydd eich plentyn

Development of your child

78.10%



Ydi'r athrawon nofio yn cyfathrebu'n glir?

Do the teachers communicate clearly?

84.59%



Gwerth am arian yn gyffredinol

General value for money

79.59%



Ydi'r gwersi yn dechrau ac yn gorffen ar amser?

Do the lessons start and finish on time?

93.49%



Ydi'r gwersi nofio yn hwyliog?

Are the swimming lessons fun?

85.15%



Ydi'r athrawon nofio yn rhoi adborth i chi fel rhiant?

Do the teachers give you feedback as a parent?

60.72%





Cystadleuaeth Gymnasteg Gymnastics Competition

Ar Ddydd Sadwrn 04/07/26, cynhaliodd Byw'n Iach ein Cystadleuaeth Gymnasteg flynyddol yn Byw'n Iach Glaslyn, Porthmadog. Mae'r cystadlaethau yn boblogaidd bob blwyddyn ac mae'n gyfle i blant sy'n mynychu dosbarthiadau gymnasteg Byw'n Iach ddatblygu eu sgiliau a dangos yr hyn maent wedi ei ddysgu yn eu dosbarthiadau.

Eleni, fe wnaeth 169 o blant gystadlu o 8 canolfan Byw'n Iach, a chanolfan Byw'n Iach Glaslyn ddaeth i'r brig. Llongyfarchiadau i bawb!

On Saturday 04/07/26, Byw'n Iach hosted our annual Gymnastics competition at Byw'n Iach Glaslyn, Porthmadog. The competition is popular each year and provides children who attend Byw'n Iach gymnastics lessons the chance to develop their skills and show what they have learnt in their classes.

This year, 169 children competed from 8 Byw'n Iach centres, and Byw'n Iach Glaslyn was the centre which came out on top. Congratulations to everyone!

Diolch! Thank you!

Diolch am eich cefnogaeth yn ystod hanner cyntaf y flwyddyn, edrychwn ymlaen at weld beth allwn ni ei gyflawni gyda'n gilydd dros yr ychydig fisoedd nesaf!

Thank you for the support during the first half of the year, we look forward to seeing what we can achieve together over the next few months!

