Byw'n Iach

GWERSI NOFIO

SWIMMING LESSONS

BYW'N IACH

PLANT ACTIF

Y CYNLLUN
THE PLAN

Mae Byw'n Iach yn cynnig gwersi nofio cynhwysol ar gyfer pob gallu. Rydym yn dilyn Fframwaith Dysgu Nofio Cymru. Mae Fframwaith Dysgu Nofio Cymru yn sicrhau y gall pob plentyn ddysgu nofio, er gwaethaf unrhyw ffactorau neu amgylchiadau gwahaniaethol.

Pwrpas y llyfryn yma yw eich croesawu chi fel teulu, rhoi gwybodaeth am sut rydym yn trefnu gwersi nofio ym mhyllau nofio Byw'n Iach ac esbonio sut fedrwch chi gefnogi eich plant.

Byw'n Iach offers inclusive swimming lessons for all abilities. We follow the Swim Wales Learning Framework. The Swim Wales Learning Framework ensures that all children can learn to swim, regardless of any differential factors or circumstances.

The purpose of this booklet is to welcome you as a family, provide information on how we organise swimming lessons at Byw'n Iach swimming pools and explain how you can support your children.

1

SWIGOD . BUBBLES

Rhoi cyflwyniad i'r amgylchedd dyfrol â chymorth llawn i fabanod a phlant ifanc gydag oedolyn.

Give an introduction to the fully supported aquatic environment for babies and young children with an adult.

2

SBLASH . SPLASH

Annog plant ifanc, gydag arweiniad, i fagu annibyniaeth mewn amgylchedd dyfrol er mwyn magu hyder yn y dŵr.

Encourage young children, with guidance, to gain independence in an aquatic environment in order to become more confident in the water.

3

NOFIO YSGOL SCHOOL SWIMMING

Cyfnod Allweddol 2 Cynllun Nofio Ysgol i Gymru.

Key Stage 2 School Swimming Plan for Wales.

4

TONNAU . WAVES

Dysgu'r sgiliau allweddol sydd eu hangen ar blant i nofio a datblygu sgiliau symud sylfaenol yn y dŵr, a chyflwyno cysyniadau diogelwch yn y dŵr.

Teach the key skills that children need to swim and develop basic water movement skills, and introduce water safety concepts.

5

SGILIAU . SKILLS

Datblygu sgiliau ym mhob un o'r disgyblaethau dŵr; nofio, polo dŵr, plymio, ac achub bywyd.

Develop skills in all water disciplines; swimming, water polo, diving, and lifesaving.

PRISIAU GWERSI
LESSON PRICES

£23.70
Y MIS . PER MONTH

Isafswm o 42 o wersi wythnosol y flwyddyn (Gwersi 30 munud)
+ Nofio AM DDIM ar gyfer yr holl sesiynau Nofio Cyhoeddus

Minimum of 42 weekly lessons per year (30 minute lessons)
+ FREE swimming for all Public Swimming sessions

GWERSI . LESSONS

SWIGOD . BUBBLES

1 2 3 4

SBLASH . SPLASH

1 2 3 4 5 6

NOFIO YSGOL
SCHOOL SWIMMING

Nid yw'n angenrheidiol bod plentyn wedi mynychu gwersi nofio ysgol er mwyn cychwyn gwersi Tonnau.

It is not necessary for a child to have attended school swimming lessons in order to start Wave lessons.

TONNAU . WAVES

1 2 3 4 5 6 7 8

Nid yw ton 8 ar gael yn ganolfannau Byw'n Iach.
Wave 8 is not available at Byw'n Iach centres.

SGILIAU . SKILLS

SGILIAU PLYMIO
DIVING SKILLS

1 2 3

DYSGU I BLYMIO
LEARN TO DIVE

1 2 3 4 5 6 7

NOFIO SGILIAU UWCH
ADVANCED SWIM SKILLS

1 2 3 4 5

ACHUBWYR BYWYD NEWYDD RLSS
RLSS ROOKIE LIFEGUARD

1 2 3

CWESTIYNAU CYFFREDIN

FREQUENTLY ASKED QUESTIONS

PA MOR GYNNAR DDYLAI FY MHLENTYN DDYSGU NOFIO?
HOW SOON SHOULD MY CHILD LEARN HOW TO SWIM?

Mae'r Adran Iechyd yn argymell eich bod yn mynd â'ch baban i nofio o oedran ifanc iawn. Gallwch fynd â'ch plentyn i nofio o unrhyw oedran. Rydym erbyn hyn yn derbyn plant i wersi cyn eu bod yn 6 mis oed trwy'r rhaglen Swigod.

The Department of Health recommends that you take your baby swimming from a very young age. You can take your child swimming at any age. We now admit children before they are 6 months old through the Bubbles programme.

BETH OS YW FY MHLENTYN YN SÂL?
WHAT IF MY CHILD IS ILL?

Os oes gan eich plentyn symptomau ffliw megis tymheredd uchel, taflu i fyny neu broblemau stumog neu dreulio, peidiwch â dod â nhw i'r dosbarth.

If your child has flu symptoms such as a high temperature, throwing up, stomach or digestive problems, don't bring them to the class.

SUT FYDDA I'N CAEL DYSGU AM GYNNYDD FY MHLENTYN?
HOW CAN I LEARN ABOUT MY CHILD'S PROGRESS?

Mae modd cael gwybodaeth o'r dderbynfa fydd yn dangos canran eich plentyn yn "y Don" e.e. mae eich plentyn wedi cwblhau 80% o'r sgiliau perthnasol yn y don. Nid ydym yn awgrymu bod rhieni'n gofyn am y wybodaeth yma'n rhy aml gan fod y broses ddysgu'n un raddol. Os ydych yn teimlo eich bod angen mwy o wybodaeth mae'n bosib trefnu i gael sgwrs gyda'r hyfforddwr trwy wneud cais yn y dderbynfa. Mae'n bwysig nodi nad yw'n bosib i hyfforddwr adael gwersi i ddod i siarad gyda rhieni/gofalwyr.

Information can be obtained from reception which will show your child's percentage in "The Wave" e.g. your child has completed 80% of the relevant skills in the wave. We are not suggesting that parents ask for this information too often as the learning process is gradual. If you feel you need more information it is possible to arrange a chat with the instructor on request at reception. It is important to note that it is not possible for instructors to come out of lessons to talk to parents / carers.

SUT YDW I'N COFRESTRU AM WERSI NOFIO?
HOW DO I REGISTER FOR SWIMMING LESSONS?

Mae ffurflenni cofrestru ar gael yn nerbynfa pob Canolfan Byw'n Iach sydd â phwll nofio. Byddwn yn cysylltu gyda chi i gynnig lle yn un o'n gwersi.

Registration forms are available at the reception of each Byw'n Iach Centre that has a swimming pool. We will contact you to offer you a place in one of our lessons.

PA MOR HIR FYDD HI'N CYMRYD I FY MHLENTYN DDYSGU NOFIO?
HOW LONG WILL IT TAKE FOR MY CHILD TO LEARN TO SWIM?

Fel sy'n wir am ddysgu unrhyw sgil newydd, mae rhai pobl yn cymryd mwy o amser nag eraill. Os yw eich plentyn yn treulio mwy o amser yn y pwll nofio y tu allan i amser gwersi, maen nhw'n debygol o ddatblygu yn gynt oherwydd byddant yn cael mwy o gyfleoedd i ymarfer a magu hyder yng nghwmni teulu a ffrindiau. Bydd nofiwr yn dechrau pob ton ac, os oes angen, byddwn yn awgrymu ffyrdd o gefnogi mewn unrhyw don.

As with any new skill, some people do take longer than others. If your child is spending more time in the swimming pool outside lessons, they are likely to develop faster because they will have more opportunities to exercise and gain confidence in the company of family and friends. A swimmer will start each wave and, if necessary, we will suggest ways to support in any wave.

MAE GAN FY MHLENTYN ANABLEDD. A YW'N GALLU CYMRYD RHAN?
MY CHILD IS DISABLED. CAN THEY TAKE PART?

Ein nod yw sicrhau yr addysgir sgiliau dŵr sylfaenol i bob nofiwr o bob gallu neu anabledd. Bydd ein llwybr yn sicrhau bod nofwyr ag anableddau yn cael eu hintegreiddio'n llawn ac yr addasir sesiynau pan fo angen. Dylid cydnabod efallai na fydd rhai plant yn gallu cyflawni pob canlyniad, felly byddwn yn nodi llwybrau amgen ar gyfer y nofwyr hyn er mwyn iddynt ddatblygu trwy'r rhaglen yn unol â'u hanghenion unigol.

Our aim is to ensure that basic water skills are taught to all swimmers, whatever their ability or disability. Our pathway will be to ensure that swimmers with disabilities are integrated fully and sessions will be adjusted when needed. It should be acknowledged that some children may not be able to achieve all outcomes, therefore we would identify alternative routes for these swimmers to ensure that they develop through the programme according to their needs.

SUT BYDD CYNNYDD FY MHLENTYN YN CAEL EI ASESU A'I WOBRWYO?
HOW WILL MY CHILD'S PROGRESS BE ASSESSED AND AWARDED?

Byddem yn asesu canlyniadau Cynllun Dysgu Nofio Cymru yn barhaus wrth i'ch plentyn fynychu gwersi. Wrth i'ch plentyn ddatblygu trwy'r rhaglen, bydd eu cyflawniadau'n cael eu gwobrwyo â gwobrau gwahanol e.e. bathodynnau a thystysgrifau.

We would continually assess the results from the Swim Wales Learn to Swim Scheme as your child attends lessons. As your child develops through their programme, their achievements will be rewarded with different rewards e.g. badges and certificates.

BETH YW'R CYNLLUN SGILIAU NOFIO UWCH?
WHAT IS THE ADVANCED SWIMMING SKILLS SCHEME?

Mae 5 lefel wedi'u cynllunio ar gyfer nofwyr sy'n dymuno gwella eu techneg yn y bedair strôc, dechrau, troi a gorffen. Fe'i cynlluniwyd i ymgorffori arfer dda, a'r arferion a sgiliau cywir yn gynnar yng ngyrfa nofiwr.

Mae'r canllawiau'n darparu oriau yr wythnos a argymhellir y dylai plentyn fod yn nofio ar bob lefel sy'n cysylltu â'r Llwybr Cymorth Datblygu Athletwyr.

Manteision y Fframwaith Sgiliau Nofio Uwch:

- Mae'n rhoi fframwaith strwythuredig i athrawon a hyfforddwyr ei ddefnyddio'n benodol i adeiladu sylfaen gadarn ar gyfer darpar nofwyr cystadleuol.
- Mae'n rhoi eglurder i nofwyr ynghylch yr hyn y maent yn gweithio arno a pha sgiliau sy'n bwysig i'w datblygu. Mae hyn yn cymell plant i symud ymlaen drwy'r lefelau a gwella eu sgiliau.

- Mae'n darparu cyswllt di-dor â chlwb nofio gan ddarparwr dysgu nofio.
- Mae ganddo gynllun gwobrwyo dwyieithog lle gall darparwyr gynnig tystysgrifau i gyfranogwyr ar ôl cyflawni lefel, gan gynnwys bathodynnau pellter hyd at 5000m. Gall helpu i wella ffitrwydd a stamina.

Canllawiau Mynediad: Wedi cwblhau Ton 7 Dysgu Nofio Cymru.

Mae'r Cynllun yma ar gael drwy gynllun Debyd Uniongyrchol yn unig, cysylltwch â derbynfa eich canolfan leol i ddysgu mwy.

There are 5 levels designed for swimmers who wish to improve their technique in the four strokes, start, turn and finish. It is designed to incorporate good practice and the right habits and skills early in a swimmer's career.

The guidelines provide the recommended hours per week that a child should be swimming at each level which links to the Athlete Development Support Pathway.

Benefits of the Advanced Swimming Skills Framework:

- It provides a structured framework for teachers and coaches to use specifically to build a solid foundation for potential competitive swimmers.
- It gives clarity to swimmers on what they are working on and which skills are important to develop. This motivates children to progress through the levels and improve their skills.
- It provides a seamless link to a swim club from a learn to swim provider.
- It has a bilingual reward scheme where providers can offer participants certificates after achieving a level, including distance badges up to 5000m. It can help improve fitness and stamina.

Access Guidelines: Completed Wave 7 Learn to Swim Wales.

This Scheme is available through a Direct Debit payment only, contact your local centre's reception to learn more.

OES GWERSI NOFIO CYMRAEG AR GAEL?
ARE THERE WELSH SWIMMING LESSONS AVAILABLE?

Oes! Mae pob canolfan Byw'n Iach yn cynnig gwersi nofio drwy gyfrwng y Gymraeg.

Yes! Every Byw'n Iach centre can offer the swimming lessons in Welsh.

Byw'n Iach

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