

GWERSI NOFIO SWIMMING LESSONS

BYW'N IACH



Byw'n lach



SWIGOD . BUBBLES



SBLASH . SPLASH



NOFIO YSGOL . SCHOOL SWIM



TON . WAVE



SGILIAU . SKILLS



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www.bywniach.cymru



Y CYNLLUN . THE PLAN

Mae Byw'n lach 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 llyfrynn yma yw eich croesawu chwi fel teulu, rhoi gwybodaeth am sut rydym yn trefnu gwersi nofio ym mhyllau nofio Byw'n lach ac esbonio sut fedrwch chi gefnogi eich plant.

Byw'n lach 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.

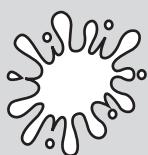
The purpose of this booklet is to welcome you as a family, provide information on how we organize swimming lessons at Byw'n lach swimming pools and explain how you can support your children.



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



SBLASH SPLASH

Annod 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.



NOFIO YSGOL SCHOOL SWIM

Cyfnod Allweddol 2
Cynllun Nofio Ysgol i
Gymru

Key Stage 2 School
Swimming Plan for
Wales

PRIS . PRICES

Gwersi Nofio . Swimming Lessons

Isafswm o 42 o wersi wythnosol y flwyddyn

+ Nofio AM DDIM ar gyfer yr holl sesiynau Nofio Cyhoeddus

Gwersi 30 munud

Minimum of 42 weekly lessons per year

+ FREE swimming for all Public Swimming sessions

30 minutes lessons

£19.70



TON WAVE

Dysgu'r sgiliau allweddol sydd eu hangen ar blant inofio a datblygu sgiliau symud sylfaenol yn y dŵr, a chflwyno 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



SGILIAU SKILLS

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

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



LLWYBR OEDOLION ADULT PATH

Fframwaith cyfannol, cymwysadwy er mwyn cyflwyno a datblygu sgiliau dyfrol i bobl hŷn. Mae'r tair lefel datblygu'n canolbwytio ar adael i'r rhai sy'n cymryd rhan ddysgu a datblygu wrth eu pwysau, ac yn ôl eu hysgogiad a'u targeda eu hunain

A holistic, applicable framework for the delivery and development of aquatic skills for older people. The three levels of development focus on letting participants learn and develop at their own pace, and on their own motivation and targets

S W I G O D .



S B L A S H .



T O N .



S G I L I A U

SGILIAU DEIFIO
DIVING SKILLS



NOFIO ARTISTIC
ARTISTIC SWIMMING



DYSGU ID
LEARN TO



B U B B L E S



3

4

S P L A S H

4

5

6

W A V E

5

6

7

8

. S K I L L S

OODEIFIO
TO DIVE

1 5 6 7

NOFIO UWCH
ADVANCED SWIMMING

1 2 3 4 5

ACHUBWYR BYWYD
NEWYDD RLSS
RLSS ROOKIE
LIFEGUARD

1 2 3



S W I G O D

1

2

6

5

4



N O F I O Y S G O L * . S

8

7

6

5



T O N .

S G I L I A U .

*Nid yw'n angenrheidiol bod plentyn wedi mynchu
It is not necessary for a child to have attended school

. B U B B L E S

3

4

S P L A S H

3

2

1

SCHOOL SWIM*

4

3

2

1

W A V E

S K I L L S

gwersi nofio ysgol er mwyn cychwyn gwersi Tonnau.
ol swimming lessons in order to start Wave lessons.

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 lechyd yn argymhell 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.

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.

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, mae'n nhw'n debygol o ddatblygu yn gynt oherwydd byddant yn cael mwy o gyfleoedd i ymarfer a magu hyder yng nghwmni teulu a ffriodau. 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 close friends.

A swimmer will start each wave and, if necessary, we will suggest ways to support in any wave.

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

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

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

SUT BYDD CYNHYDD 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 cyrhaeddiadau yn cael eu gwobrwo a gwobrau gwahanol e.e. bathodynau 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 a different rewards e.g. badges and certificates.

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

Mae modd cael gwybodaeth o'r dderbynfa a 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 yn bosib trefnu i gael sgwrs gyda'r hyfforddwr trwy wneud cais yn y dderbynfa. Mae'n bwysig nodi nad yw'n bosib i hyfforddwr 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 DWI'N COFRESTRU AM WERSI NOFIO? HOW DO I REGISTER FOR SWIMMING LESSONS?

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

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

MAE GAN FY MHELENTYN ANABLEDD. A YW'N GALLU CYMRYD RHAN? MY CHILD IS DISABLED. CAN HE/SHE 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 nofwr ag anableddau yn cael eu hingreiddio'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 nofwr 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 in order that they develop through the programme according to their individual needs.

