



Canolfan
Garth Olwg
Centre

Mehefin-Gorffennaf
June-July
2020

Cyrsiau Ar-Lein
Mehefin - Gorffennaf
June - July
Online Courses

garth-olwg.cymru



Dosbarth	Class	Dyddiad Cychwyn Start Date	Amser Time	Hyd Duration	Cost	Sut i Ymrestru How to Enrol	Tiwtor Tutor
loga (Trwy gyfrwng y Gymraeg)	Yoga (Through the medium of Welsh)	Llun Mon 08/06/20	6-7pm	Wythnosol Weekly	£5	https://amandapowellyoga.simplybook.it/v2/	Amanda Powell
Pilates (Trwy gyfrwng y Gymraeg)	Pilates (Through the medium of Welsh)	Maw Tue 09/06/20	10-11am	Wythnosol Weekly		Mike.ebbsworth@gmail.com	Mike Ebbsworth
Pilates (Trwy gyfrwng y Gymraeg)	Pilates (Through the medium of Welsh)	lau Thur 11/06/20	10-11am	Wythnosol Weekly		Mike.ebbsworth@gmail.com	Mike Ebbsworth
Canu gyda Claire	Singing with Claire	Ar alw On demand	Fideo newydd Pob Dydd lau New video Every Thursday	Wythnosol Weekly	Am ddim Free	Facebook.com/gartholwg	Claire Addicott
Clwb Clonc	An opportunity for Welsh learners to practice their Welsh	Gwen Fri 05/06/20	12-1pm	Wythnosol Weekly	Am ddim Free	Zoom ID: 76070234083 Meeting password: cymraeg	Claire Addicott
Ysgrifennu Creadigol	Creative Writing	lau Thur 11/06/20	6-8pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Stephen Jenkins

Dosbarth	Class	Dyddiad Cychwyn Start Date	Amser Time	Hyd Duration	Cost	Sut i Ymrestru How to Enrol	Tiwtor Tutor
Gitar	Guitar	Llun Mon 08/06/20	6-8pm	5 wythnos 5 Weeks	Am ddim Free	www.bookwhen.com/gartholwg	Stephen Jenkins
Gitar	Guitar	Iau Thur 11/06/20	3-5pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Stephen Jenkins
Hanes Teulu	Family History	Maw Tue 09/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Lisa Powell
Hanes Lleol	Local History	Iau Thur 11/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Lisa Powell
Cyfrifiaduron i Ddechreuwr	Computers for Beginners	Llun Mon 08/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Diane Dixon
Rhyngrwyd ac Ebost	Email & Internet	Llun Mon 08/06/20	1-3pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Diane Dixon
iPad a Thabledi	iPad & Tablets	Mer Wed 10/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Diane Dixon
iPad a Thabledi	iPad/Tablet	Iau Thur 11/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Diane Dixon

Dosbarth	Class	Dyddiad Cychwyn Start Date	Amser Time	Hyd Duration	Cost	Sut i Ymrestru How to Enrol	Tiwtor Tutor
Iaith Arwyddo (Dechreuwyr)	Sign Language (Beginners)	Maw Tue 09/06/20	3.30-5.30pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Helen Thomas
Iaith Arwyddo (Canolradd)	Sign language (Intermediate)	Sad Sat 13/06/20	10.45-11.45am	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg Dosbarthiadau yn parhau Continuation Classes	Helen Thomas
Iaith Arwyddo (Pellach)	Sign Language (Advanced)	Sad Sat 13/6/20	12-1pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg Dosbarthiadau yn parhau Continuation Classes	Helen Thomas
Fi fy hun (Cwrs llesiant personol)	All about me (Wellbeing course)	Maw Tue 09/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Chris Lloyd
Fi fy hun (Cwrs llesiant personol)	All about me (Wellbeing course)	Maw Tue 09/06/20	1-3pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Chris Lloyd
Coginio (Prydau bwyd un crochan)	Cooking (1 Pot Meals)	Mer Wed 10/06/20	10-12pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Chris Lloyd
Aromatherapi	Aromatherapy (Wellbeing course)	Llun Mon 08/06/20	10-11am	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Juliette Salter

Dosbarth	Class	Dyddiad Cychwyn Start Date	Amser Time	Hyd Duration	Cost	Sut i Ymrestru How to Enrol	Tiwtor Tutor
Canu er lles yr ysgyfaint	Singing for lung health	Llun Mon 08/06/20	1-2pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Juliette Salter
Celf, Iechyd a lles	Art, Health and Wellbeing	Maw Tue 09/06/20	1-2pm	5 wythnos 5 weeks	Am ddim Free	www.bookwhen.com/gartholwg	Juliette Salter
Peintio Dyfrlliw (Pob safon)	Watercolour painting (All levels)	Maw Tue 09/06/20	6-7.30 pm	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Caroline Melmoth
Peintio gydag Olew (Pob safon)	Watercolour painting (All levels)	Iau Thur 11/06/20	1-2.30pm	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Caroline Melmoth
Sbaeneg (Dechreuwyr)	Spanish (Beginners)	Llun Mon 08/06/20	10-11:30am	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Erika Chick
Sbaeneg (Dechreuwyr)	Spanish (Beginners)	Mer Wed 10/06/20	10-11:30am	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Erika Chick
Cyflwyniad i Ffotograffiaeth	Introduction to Photography	Maw Tue 09/06/20	3-4pm	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Glyn Evans

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Cyflwyniad i Ffotograffiaeth	Introduction to Photography	Maw Tue 09/06/20	6-7pm	5 wythnos 5 weeks	£20	www.bookwhen.com/gartholwg	Glyn Evans
Wuji Qigong i Ddechreuwr	Beginners Wuji Qigong	Llun Mon 08/06/20	11-12pm	5 wythnos 5 weeks	£30	leefamilyarts@gmail.com Platform - Zoom	Keith Ewers
Cyflwyniad i Almaeneg	Introduction to German	08/06/20	1-2:30pm	5 wythnos 5 weeks	£25	www.bookwhen.com/gartholwg	Alec Brooks
Sesiynau Ioga Cyson	Regular Yoga Sessions	Amrywiol Varied	Amrywiol Varied	Wythnosol Weekly	£3	Yogafresh.co.uk Platform – Zoom	Sharon Andrews
Sesiynau Pilates Cyson	Regular Pilates Sessions	Amrywiol Varied	Amrywiol Varied	Wythnosol Weekly	£3	Yogafresh.co.uk Platform – Zoom	Sharon Andrews

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<p>Dewis o gyrsiau ar-lein am ddim gan gynnwys:</p> <ul style="list-style-type: none"> Tyndra E-Byst Ymwybyddiaeth Iechyd Meddwl Gweithio Anghysbell Arferion da galwadau Gwaith 	<p>A selection of free online courses including:</p> <ul style="list-style-type: none"> Email Stress Mental Health Awareness Remote Working 		<p>Pen agored yn amser eich hun.</p> <p><i>Open ended in your own time.</i></p>		Am ddim Free	rct.learningpool.com	E-ddysgu E-Learning
Sgiliau Cyfryngau Cymdeithasol	Social Media Skills		Pen agored yn amser eich hun.		£25	www.bookwhen.com/gartholwg	E-ddysgu E-Learning
Llyfrifeg Syml	Basic Book Keeping		Open ended in your own time		£25	www.bookwhen.com/gartholwg	E-ddysgu E-Learning
Rheoli Arian	Money Sense			£25	www.bookwhen.com/gartholwg	E-ddysgu E-Learning	
Canllaw i Ymwybyddiaeth Dementia	A Guide to Dementia Awareness			£25	www.bookwhen.com/gartholwg	E-ddysgu E-Learning	



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