

I ddysgu rhagor am y cyrsiau yma, anfonwch neges e-bost at y garfan:
chwaraeonrhct@rctcbc.gov.uk

Ewch i www.rctcbc.gov.uk/calendrhyfforddirgweithlu



ENW'R CWRS	LLEOLIAD, DYDDIAD, AMSER	COST	DISGRIFIAD	
Cymorth Cyntaf Chwaraeon	Canolfan Chwaraeon Abercynon	06-03-19 6-9pm	£25	Cymorth Cyntaf Chwaraeon sylfaenol wedi'i ddarparu gan 1st for First Training.
Diogelu ac Amddiffyn Plant	Parc Chwaraeon Prifysgol De Cymru	13-03-19 6-9pm	£25	Cwrs Amddiffyn a Diogelu Plant UK Coaching.
Sesiwn galw heibio – Datblygu Clybiau	Canolfan Hamdden Sobell Canolfan Hamdden y Ddraenen Wen Sports Yard, Treorci	27-03-19 1-8pm	AM DDIM	Ydych chi'n ystyried gwneud cais am grant Cist Gymunedol Chwaraeon Cymru hyd at £1500? Oes angen cymorth ar eich clwb? Cadwch le er mwyn siarad ag aelod o'r Garfan.
Darparu Sesiynau Chwaraeon i Blant Bach	Ysgol Gynradd Gymuned Abercynon	02-04-19 6-9pm	AM DDIM	Ydych chi'n darparu sesiynau chwaraeon i blant dan 7 oed mewn clwb, ysgol neu leoliad yn y gymuned? Dewch i'r sesiwn i ddysgu rhagor am lythrennedd corfforol ac i gael mynediad i esiamplau ymarferol hwyl.
Darparu sesiynau Chwaraeon i Blant Iau	Ysgol Gynradd Gymuned Abercynon	09-04-19 6-9pm	AM DDIM	Ydych chi'n darparu sesiynau chwaraeon i blant iau mewn clwb, ysgol neu lleoliad yn y gymuned? Ydych chi'n chwilio am weithgareddau aml-chwaraeon hwyl? Dewch i'r sesiwn i gael mynediad i esiamplau ymarferol ac adnoddau ar-lein.
Sesiwn galw heibio – Datblygu Clybiau	Canolfan Chwaraeon Abercynon Parc Chwaraeon Prifysgol De Cymru Canolfan Chwaraeon Cwm Rhondda	30-05-19 1-8pm	AM DDIM	Ydych chi'n ystyried gwneud cais am grant Cist Gymunedol Chwaraeon Cymru hyd at £1500? Oes angen cymorth ar eich clwb? Cadwch le er mwyn siarad ag aelod o'r Garfan.
Cymorth Cyntaf Chwaraeon	Parc Chwaraeon Prifysgol De Cymru	26-06-19 6-9pm	£25	Cymorth Cyntaf Chwaraeon sylfaenol wedi'i ddarparu gan 1st for First Training.
Diogelu ac Amddiffyn Plant	Canolfan Cymuned Ton a'r Gelli	03-07-19 6-9pm	£25	Cwrs Amddiffyn a Diogelu Plant UK Coaching.
Sesiwn galw heibio – Datblygu Clybiau	Canolfan Hamdden Sobell Parc Chwaraeon Prifysgol De Cymru Sports Yard, Treorci	07-08-19 1-8pm	AM DDIM	Ydych chi'n ystyried gwneud cais am grant Cist Gymunedol Chwaraeon Cymru hyd at £1500? Oes angen cymorth ar eich clwb? Cadwch le er mwyn siarad ag aelod o'r Garfan.
Sesiwn galw heibio – Datblygu Clybiau	Canolfan Chwaraeon Abercynon Canolfan Hamdden y Ddraenen Wen Canolfan Chwaraeon Cwm Rhondda	10-10-19 1-8pm	AM DDIM	Ydych chi'n ystyried gwneud cais am grant Cist Gymunedol Chwaraeon Cymru hyd at £1500? Oes angen cymorth ar eich clwb? Cadwch le er mwyn siarad ag aelod o'r Garfan.
Darparu Sesiynau Chwaraeon i Blant Bach	Ysgol Gynradd Gymuned Abercynon	16-10-19 6-9pm	AM DDIM	Ydych chi'n darparu sesiynau chwaraeon i blant dan 7 oed mewn clwb, ysgol neu leoliad yn y gymuned? Dewch i'r sesiwn i ddysgu rhagor am lythrennedd corfforol ac i gael mynediad i esiamplau ymarferol hwyl.
Darparu sesiynau Chwaraeon i Blant Iau	Ysgol Gynradd Gymuned Abercynon	23-10-19 6-9pm	AM DDIM	Ydych chi'n darparu sesiynau chwaraeon i blant iau mewn clwb, ysgol neu lleoliad yn y gymuned? Ydych chi'n chwilio am weithgareddau aml-chwaraeon hwyl? Dewch i'r sesiwn i gael mynediad i esiamplau ymarferol ac adnoddau ar-lein.
Diogelu ac Amddiffyn Plant	Canolfan Chwaraeon Abercynon	06-11-19 6-9pm	£25	Cwrs Amddiffyn a Diogelu Plant UK Coaching.
Cymorth Cyntaf Chwaraeon	Canolfan Cymuned Ton a'r Gelli	13-11-19 6-9pm	£25	Cymorth Cyntaf Chwaraeon sylfaenol wedi'i ddarparu gan 1st for First Training.

Mae cyrsiau/gweithdai ychwanegol e.e. Hyfforddiant Cynhwysiant Anabledd ar gael ar gais.
Cysylltwch â ni am ragor o wybodaeth.

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

To find out more information about any of these courses please contact the team at sportrct@rctcbc.gov.uk

To book on to a course visit www.rctcbc.gov.uk/PlayYourPartCalendar



COURSE NAME	VENUE, DATE, TIME	COST	DESCRIPTION
Sports First Aid	Abercynon Sport Centre 06-03-19 6-9pm	£25	Basic Sports First Aid course delivered by 1st for First Training.
Safeguarding and Protecting Children	USW Sports Park 13-03-19 6-9pm	£25	UK Coaching Safeguarding and Protecting Children course.
Club Development Drop-in	Sobell Leisure Centre Hawthorn Leisure Centre Sports Yard, Treorchy 27-03-19 1-8pm	*FREE*	Are you looking to complete a Sport Wales Community Chest application for up to £1500? Does your club need any support? Book a timeslot to speak to one of our team.
Delivering Tots Sport	Abercynon Community School 02-04-19 6-9pm	*FREE*	Do you deliver activities children under the age of 7 in a club, school or community setting? Come along to find out more about physical literacy and take away some fun based practical examples.
Delivering Junior Sport	Abercynon Community School 09-04-19 6-9pm	*FREE*	Do you deliver junior sport sessions in a club, school or community setting? Are you looking for fun multi sport activities? Come along for access to practical examples and our online resources.
Club Development Drop-in	Abercynon Sport Centre USW Sports Park Rhondda Sport Centre 30-05-19 1-8pm	*FREE*	Are you looking to complete a Sport Wales Community Chest application for up to £1500? Does your club need any support? Book a timeslot to speak to one of our team.
Sports First Aid	USW Sports Park 26-06-19 6-9pm	£25	Basic Sports First Aid course delivered by 1st for First Training.
Safeguarding and Protecting Children	Ton and Gelli Community Centre 03-07-19 6-9pm	£25	UK Coaching Safeguarding and Protecting Children course.
Club Development Drop-in	Sobell Leisure Centre USW Sports Park Sports Yard, Treorchy 07-08-19 1-8pm	*FREE*	Are you looking to complete a Sport Wales Community Chest application for up to £1500? Does your club need any support? Book a timeslot to speak to one of our team.
Club Development Drop-in	Abercynon Sport Centre Hawthorn Leisure Centre Rhondda Sport Centre 10-10-19 1-8pm	*FREE*	Are you looking to complete a Sport Wales Community Chest application for up to £1500? Does your club need any support? Book a timeslot to speak to one of our team.
Delivering Tots Sport	Abercynon Community School 16-10-19 6-9pm	*FREE*	Do you deliver activities to children under the age of 7 in a club, school or community setting? Come along to find out more about physical literacy and take away some fun based practical examples.
Delivering Junior Sport	Abercynon Community School 23-10-19 6-9pm	*FREE*	Do you deliver junior sport sessions in a club, school or community setting? Are you looking for fun multi sport activities? Come along for access to practical examples and our online resources.
Safeguarding and Protecting Children	Abercynon Sport Centre 06-11-19 6-9pm	£25	UK Coaching Safeguarding and Protecting Children course.
Sports First Aid	Ton and Gelli Community Centre 13-11-19 6-9pm	£25	Basic Sports First Aid course delivered by 1st for First Training.

**Additional Courses/Workshops such as Disability Inclusion Training are available on request.
Please contact us for further information.**

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh