

| DYDD LLUN                                                     | DYDD MAWRTH                                                          | DYDD MERCHER                                               | DYDD IAU                                                         | DYDD GWENER                                                       | DYDD SADWRN                                                | DYDD SUL                                                       |
|---------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------|
| 10.00am<br><b>Pickleball</b><br>Y Ddraenen Wen<br>Oedolion    | 10.0apm<br><b>Pêl-droed Cerdded</b><br>Abercynon<br>Oedolion         | 10.00am<br><b>Pickleball</b><br>Abercynon<br>Oedolion      | 9.00am<br><b>Pickleball</b><br>Llantrisant<br>Oedolion           | 10.00am<br><b>Pêl-droed Cerdded</b><br>Abercynon<br>Oedolion      | 9.00am<br><b>Pickleball</b><br>Abercynon<br>Oedolion       | 9.00am<br><b>parkrun i blant</b><br>Pontypridd<br>4-14 oed     |
| 11.30am<br><b>Rygbi Cerdded</b><br>Cwm Clydach<br>Oedolion *  | 12.00pm<br><b>Pickleball</b><br>Llanilltud Faerdref<br>Oedolion      | 10.30am<br><b>Rygbi Cerdded</b><br>Pont-y-clun<br>Oedolion | 2.00pm<br><b>Pêl-droed 5 bob ochr</b><br>Treherbert<br>11-16 oed | 10.00am<br><b>Pickleball</b><br>Llanilltud Faerdref<br>Oedolion   | 9.00am<br><b>parkrun</b><br>Aberdâr<br>Oedolion ac Iau     | 9.15am<br><b>Pickleball</b><br>Tylorstown<br>Oedolion          |
| 5.45pm<br><b>Pickleball</b><br>Treorci<br>Oedolion            | 1.00pm<br><b>Pickleball</b><br>Llanilltud Faerdref<br>Oedolion       | 12.00pm<br><b>Pickleball</b><br>Y Ddraenen Wen<br>Oedolion | 6.00pm<br><b>Rygbi Cerdded</b><br>Y Porth<br>Oedolion            | 6.00pm<br><b>Rygbi Cerdded</b><br>Abercwmboi<br>Oedolion          | 9.00am<br><b>parkrun</b><br>Pontypridd<br>Oedolion ac Iau  | 10.00am<br><b>Pêl-droed Cerdded</b><br>Ffynnon Taf<br>Oedolion |
| 6.00pm<br><b>Yn ôl i Hoci</b><br>Y Ddraenen Wen<br>Oedolion   | 6.00pm<br><b>Pêl-rwyd Cerdded</b><br>Llanilltud Faerdref<br>Oedolion | 6.00pm<br><b>Dodgeball</b><br>Llantrisant<br>3-15 oed      | 6.00pm<br><b>Yn ôl i Hoci</b><br>Y Ddraenen Wen<br>Oedolion      | 6.00pm<br><b>Cadair Olwyn Rygbi</b><br>Pontypridd<br>8 oed +      | 11.00am<br><b>Rygbi Cerdded</b><br>Ffynnon Taf<br>Oedolion | 10.00am<br><b>Pêl-droed Cerdded</b><br>Ffynnon Taf<br>Oedolion |
| 6.00pm<br><b>Rhedeg GHYYP</b><br>Cwm Clydach<br>Oedolion      | 6.00pm<br><b>Yn ôl i Bêl-rwyd</b><br>Ystrad<br>Oedolion              | 6.00pm<br><b>Rhedeg GHYYP</b><br>Pontypridd<br>Oedolion    | 6.00pm<br><b>Pêl-droed Cerdded</b><br>Abercwmboi<br>Oedolion     | 6.00pm<br><b>Rygbi Cerdded</b><br>Llanilltud Faerdref<br>Oedolion |                                                            | 11.00am<br><b>Pêl-droed Cerdded</b><br>Cwm Clydach<br>Oedolion |
| 6.30pm<br><b>Rygbi Cerdded</b><br>Pont-y-clun<br>Oedolion     | 6.45pm<br><b>Rygbi Cerdded</b><br>Ffynnon Taf<br>Oedolion            | 7.00pm<br><b>Yn ôl i Bêl-rwyd</b><br>Abercynon<br>Oedolion | 6.00pm<br><b>Pêl-rwyd Cerdded</b><br>Pontypridd<br>Oedolion      | 6.00pm<br><b>Dodgeball</b><br>Y Ddraenen Wen<br>3-15 oed          |                                                            | 5.00pm<br><b>Pêl-droed Cerdded</b><br>Ton Pentre<br>Oedolion   |
| 7.00pm<br><b>Pêl-droed Cerdded</b><br>Cwm Clydach<br>Oedolion |                                                                      |                                                            | 7.00pm<br><b>Rownderi</b><br>Ystrad<br>Oedolion                  | 7.00pm<br><b>Rygbi Cyffwrdd</b><br>Pontypridd<br>Oedolion         |                                                            |                                                                |
| 7.00pm<br><b>Dodgeball</b><br>Ystrad<br>3-15 oed              |                                                                      |                                                            | 7.00pm<br><b>Rygbi Cerdded</b><br>Rhigos<br>Oedolion             |                                                                   |                                                            |                                                                |
| 7.00pm<br><b>Rygbi Cyffwrdd</b><br>Pontypridd<br>Oedolion     |                                                                      |                                                            | 7.00pm<br><b>Pêl-droed Cerdded</b><br>Tonyrefail<br>Oedolion     |                                                                   |                                                            |                                                                |
|                                                               |                                                                      |                                                            | 8.00pm<br><b>Pêl-droed Cerdded</b><br>Tonyrefail<br>Oedolion     |                                                                   |                                                            | **Sesiwn Rygbi<br>Cerdded hefyd<br>ar Dydd Iau am<br>11:30am   |