

2025

Chwaraeon RhCT  
Sport RCT

Ymuno â ni am...

Haf

Hwyl

WYTHNOS 1:  
21 - 24 Gorffennaf

**Dydd Llun 21**

**10am - 2pm**  
**Diwrnod**  
**Reidio Beic**  
**Cwm Cycling Cynon**  
**Aberdâr**  
**I bob oed**  
**AM DDIM**

**11am - 3pm**  
**Pêl-Droed**  
**i Ferched**  
**Aberdâr**  
**MERCHED: 5-11 oed**  
**AM DDIM**

**2pm - 4pm**  
**Sesiwn Chwaraeon**  
**i Deuluoedd**  
**Tylorstown**  
**2-12 oed (+ teulu)**  
**AM DDIM**

**Dydd Mawrth 22**

**9am - 9:45am A**  
**9:45am - 10:30am**  
**"Sports Tots"**  
**Aberdâr**  
**2-5 oed £2**

**10am - 11am**  
**Gwersyll Pêl-droed**  
**Pontypridd**  
**4-5 oed AM DDIM**

**11am - 12pm**  
**Pêl-Droed i Ferched**  
**Pontypridd**  
**MERCHED: 6-9 oed**  
**AM DDIM**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Aberdâr**  
**8-16 oed £3**

**1pm - 3pm**  
**Aml-Gampau**  
**Aberdâr**  
**6-12 oed £3**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Abercynon**  
**8-14 oed (+ teulu) £2**

**Dydd Mercher 23**

**9am - 9:45am**  
**"Sports Tots"**  
**Ystrad**  
**2-5 oed £2**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Ystrad**  
**8-16 oed £3**

**1pm - 3pm**  
**Aml-Gampau**  
**Ystrad**  
**6-12 oed £3**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Ystrad**  
**8-14 oed (+ teulu) £2**

**5pm - 5:45pm**  
**Hwyl, Teulu**  
**a Ffitrwydd**  
**Abercynon**  
**6+ £4.20**

**6:30pm - 8:30pm**  
**Dartiau i Blant**  
**Tonypandy**  
**8-16 oed AM DDIM**

**Dydd Iau 24**

**9am - 9:45am**  
**"Sports Tots"**  
**Pont-y-clun**  
**2-5 oed £2**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Pont-y-clun**  
**8-16 oed £3**

**1pm - 3pm**  
**Gwersyll**  
**Aml-Gampau**  
**Pont-y-clun**  
**6-12 oed £3**

**2pm - 4pm**  
**Steve Tottle**  
**Clwb Tae Kwon Do**  
**i Blant**  
**Llanharan**  
**6-11 oed £5**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Pont-y-clun**  
**8-14 oed (+ teulu) £2**

**RHAID CADW LLE**  
**YMLAEN LLAW**

Sganiwch y cod QR



NEU ewch i:  
[www.rctcbc.gov.uk/HafHwyl](http://www.rctcbc.gov.uk/HafHwyl)  
**ChwaraeonRhCT**

f X @sportrct

[www.chwaraeonrhct.co.uk](http://www.chwaraeonrhct.co.uk)  
[www.sportrct.co.uk](http://www.sportrct.co.uk)

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



2025

Chwaraeon RhCT  
Sport RCT

Ymuno â ni am...

Haf

Hwyl

WYTHNOS 2:  
28 - 31 Gorffennaf

**Dydd Llun 28**

10am - 1pm  
**Gwersyll Hoci**  
**Y Ddraenen-wen**  
6-12 oed  
**AM DDIM**

10am - 2pm  
**Diwrnod**  
**Reidio Beic**  
**Cwm Cycling Cynon**  
**Aberdâr**  
I bob oed  
**AM DDIM**

10:30am - 11:30am  
**Hwyl, Teulu**  
**a Ffitrwydd**  
**Tonyrefail**  
6+ **£4.20**

2pm - 4pm  
**Sesiwn Chwaraeon**  
**i Deuluoedd**  
**Aberpennar**  
2-12 oed (+ teulu)  
**AM DDIM**

**Dydd Mawrth 29**

9am - 9:45am  
**"Sports Tots"**  
**Aberdâr**  
2-5 oed **£2**

9:45am - 10:30am  
**"Sports Tots"**  
**Aberdâr**  
2-5 oed **£2**

10:30am - 12:30pm  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Aberdâr**  
8-16 oed **£3**

1pm - 3pm  
**Gwersyll**  
**Aml-Gampau**  
**Aberdâr**  
6-12 oed **£3**

4pm - 5pm  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Abercynon**  
8-14 oed (+ teulu)  
**£2**

**Dydd Mercher 30**

9am - 9:45am  
**"Sports Tots"**  
**Ystrad**  
2-5 oed **£2**

10:30am - 12:30pm  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Ystrad**  
8-16 oed **£3**

1pm - 3pm  
**Gwersyll**  
**Aml-Gampau**  
**Ystrad**  
6-12 oed **£3**

4pm - 5pm  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Ystrad**  
8-14 oed (+ teulu) **£2**

5pm - 5:45pm  
**Hwyl, Teulu**  
**a Ffitrwydd**  
**Abercynon**  
6+ **£4.20**

**Dydd Iau 31**

9am - 9:45am  
**"Sports Tots"**  
**Pont-y-clun**  
2-5 oed **£2**

10:30am - 12:30pm  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Pont-y-clun**  
8-16 oed **£3**

1pm - 3pm  
**Gwersyll**  
**Aml-Gampau**  
**Pont-y-clun**  
6-12 oed **£3**

2pm - 4pm  
**Steve Tottle**  
**Clwb Tae Kwon Do**  
**i Blant**  
**Llanharan**  
6-11 oed **£5**

4pm - 5pm  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Pont-y-clun**  
8-14 oed (+ teulu) **£2**

**RHAID CADW LLE**  
**YMLAEN LLAW**

Sganiwch y cod QR



NEU ewch i:  
[www.rctcbc.gov.uk/HafHwyl](http://www.rctcbc.gov.uk/HafHwyl)  
**ChwaraeonRhCT**

f X @sportrct

[www.chwaraeonrhct.co.uk](http://www.chwaraeonrhct.co.uk)  
[www.sportrct.co.uk](http://www.sportrct.co.uk)

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



RHONDDA CYNON TAF

2025

Chwaraeon RhCT  
Sport RCT

Ymuno â ni am...

Haf

Hwyl

WYTHNOS 3:

4 - 7 Awst

**Dydd Llun 4**

**10am - 2pm**  
**Diwrnod**  
**Reidio Beic**  
**Cwm Cycling Cynon**  
**Aberdâr**  
**I bob oed**  
**AM DDIM**

**10:30am - 11:30am**  
**Hwyl, Teulu**  
**â Ffitrwydd**  
**Tonyrefail**  
**6+ £4.20**

**2pm - 4pm**  
**Sesiwn Chwaraeon**  
**i Deuluoedd**  
**Rhydfelen**  
**2-12 oed (+ teulu)**  
**AM DDIM**

**Dydd Mawrth 5**

**9am - 9:45am**  
**"Sports Tots"**  
**Aberdâr**  
**2-5 oed £2**

**9:45am - 10:30am**  
**"Sports Tots"**  
**Aberdâr**  
**2-5 oed £2**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Aberdâr**  
**8-16 oed £3**

**1pm - 3pm**  
**Gwersyll**  
**Aml-Gampau**  
**Aberdâr**  
**6-12 oed £3**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Abercynon**  
**8-14 oed (+ teulu)**  
**£2**

**Dydd Mercher 6**

**9am - 9:45am**  
**"Sports Tots"**  
**Ystrad**  
**2-5 oed £2**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Ystrad**  
**8-16 oed £3**

**1pm - 3pm**  
**Gwersyll**  
**Aml-Gampau**  
**Ystrad**  
**6-12 oed £3**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Ystrad**  
**8-14 oed (+ teulu) £2**

**5pm - 5:45pm**  
**Hwyl, Teulu**  
**â Ffitrwydd**  
**Abercynon**  
**6+ £4.20**

**Dydd Iau 7**

**9am - 9:45am**  
**"Sports Tots"**  
**Pont-y-clun**  
**2-5 oed £2**

**10:30am - 12:30pm**  
**Chwaraeon i Blant**  
**Ag Anabledd**  
**Pont-y-clun**  
**8-16 oed £3**

**1pm - 3pm**  
**Gwersyll**  
**Aml-Gampau**  
**Pont-y-clun**  
**6-12 oed £3**

**2pm - 4pm**  
**Steve Tottle**  
**Clwb Tae Kwon Do**  
**i Blant**  
**Llanharan**  
**6-11 oed £5**

**4pm - 5pm**  
**Chwaraeon Raced**  
**i Deuluoedd**  
**Pont-y-clun**  
**8-14 oed (+ teulu) £2**

**RHAID CADW LLE**  
**YMLAEN LLAW**

Sganiwch y cod QR



NEU ewch i:

[www.rctcbc.gov.uk/](http://www.rctcbc.gov.uk/)

**HafHwyl**

**ChwaraeonRhCT**

f X @sportrct

[www.chwaraeonrhct.co.uk](http://www.chwaraeonrhct.co.uk)  
[www.sportrct.co.uk](http://www.sportrct.co.uk)

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





2025

Chwaraeon RhCT  
Sport RCT

Ymuno â ni am...

Haf

Hwyl

WYTHNOS 4:  
11 - 14 Awst

**Dydd Llun 11**

10am - 2pm

**Diwrnod  
Reidio Beic  
Cwm Cycling Cynon  
Aberdâr  
I bob oed  
AM DDIM**

10:30am - 11:30am

**Hwyl, Teulu  
a Ffitrwydd  
Tonyrefail  
6+ £4.20**

2pm - 4pm

**Sesiwn Chwaraeon  
i Deuluoedd  
Trebanog  
2-12 oed (+ teulu)  
AM DDIM**

**Dydd Mawrth 12**

9am - 9:45am

**"Sports Tots"  
Aberdâr  
2-5 oed £2**

9:45am - 10:30am

**"Sports Tots"  
Aberdâr  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Aberdâr  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Aberdâr  
6-12 oed £3**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Abercynon  
8-14 oed (+ teulu)  
£2**

**Dydd Mercher 13**

9am - 9:45am

**"Sports Tots"  
Ystrad  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Ystrad  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Ystrad  
6-12 oed £3**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Ystrad  
8-14 oed (+ teulu) £2**

5pm - 5:45pm

**Hwyl, Teulu  
a Ffitrwydd  
Abercynon  
6+ £4.20**

**Dydd Iau 14**

9am - 9:45am

**"Sports Tots"  
Pont-y-clun  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Pont-y-clun  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Pont-y-clun  
6-12 oed £3**

2pm - 4pm

**Steve Tottle  
Clwb Tae Kwon Do  
i Blant  
Llanharan  
6-11 oed £5**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Pont-y-clun  
8-14 oed (+ teulu) £2**

**RHAID CADW LLE  
YMLAEN LLAW**

Sganiwch y cod QR



NEU ewch i:

[www.rctcbc.gov.uk/](http://www.rctcbc.gov.uk/)

**HafHwyl**

**ChwaraeonRhCT**

f X @sportrct

[www.chwaraeonrhct.co.uk](http://www.chwaraeonrhct.co.uk)  
[www.sportrct.co.uk](http://www.sportrct.co.uk)

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



RHONDDA CYNON TAF

2025

Chwaraeon RhCT  
Sport RCT

Ymuno â ni am...

Haf

Hwyl

WYTHNOS 5:  
18 - 21 Awst

**Dydd Llun 18**

10am - 2pm

**Diwrnod  
Reidio Beic  
Cwm Cycling Cynon  
Aberdâr  
I bob oed  
AM DDIM**

10:30am - 11:30am

**Hwyl, Teulu  
a Ffitrwydd  
Tonyrefail  
6+ £4.20**

2pm - 4pm

**Sesiwn Chwaraeon  
i Deuluoedd  
Pen-y-waun  
2-12 oed (+ teulu)  
AM DDIM**

**Dydd Mawrth 19**

9am - 9:45am

**"Sports Tots"  
Aberdâr  
2-5 oed £2**

9:45am - 10:30am

**"Sports Tots"  
Aberdâr  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Aberdâr  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Aberdâr  
6-12 oed £3**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Abercynon  
8-14 oed (+ teulu)  
£2**

**Dydd Mercher 20**

9am - 9:45am

**"Sports Tots"  
Ystrad  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Ystrad  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Ystrad  
6-12 oed £3**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Ystrad  
8-14 oed (+ teulu) £2**

5pm - 5:45pm

**Hwyl, Teulu  
a Ffitrwydd  
Abercynon  
6+ £4.20**

**Dydd Iau 21**

9am - 9:45am

**"Sports Tots"  
Pont-y-clun  
2-5 oed £2**

10:30am - 12:30pm

**Chwaraeon i Blant  
Ag Anabledd  
Pont-y-clun  
8-16 oed £3**

1pm - 3pm

**Gwersyll  
Aml-Gampau  
Pont-y-clun  
6-12 oed £3**

2pm - 4pm

**Steve Tottle  
Clwb Tae Kwon Do  
i Blant  
Llanharan  
6-11 oed £5**

4pm - 5pm

**Chwaraeon Raced  
i Deuluoedd  
Pont-y-clun  
8-14 oed (+ teulu) £2**

**RHAID CADW LLE  
YMLAEN LLAW**

Sganiwch y cod QR



NEU ewch i:

[www.rctcbc.gov.uk/](http://www.rctcbc.gov.uk/)

**HafHwyl**

**ChwaraeonRhCT**

f X @sportrct

[www.chwaraeonrhct.co.uk](http://www.chwaraeonrhct.co.uk)  
[www.sportrct.co.uk](http://www.sportrct.co.uk)

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



RHONDDA CYNON TAF