



Hydref 25 – 31 October

Half Term Hanner Tymor



Learn to Climb ~ Dysgu Dringo		
Monday Dydd Llun	0900-1000	Cheeky Families 3-7+adult Teulu Direidus 3-7+oedolyn
	1015-1130	Holiday Chimps 8-16yrs Mwncïod Gwyliau 8-16oed
	1145-1315	Introduction to Climbing Course 16+ (1 of 3) Cwrs Cyflwyno Dringo 16+
Wednesday Dydd Mercher	1315-1445	Introduction to Climbing Course 16+ (2 of 3) Cwrs Cyflwyno Dringo 16+
	1500-1600	Monkey Madness 5-7yrs Miri Mwncïod 5-7oed
	1615-1745	Holiday Chimps 8-16yrs Mwncïod Gwyliau 8-16oed
Friday Dydd Gwener	1800-1900	Competency Test (14yrs+) Prawf Cymhwysedd (14+ oed)
	1330-1500	Introduction to Climbing Course 16+ (3 of 3) Cwrs Cyflwyno Dringo 16+
	1515-1615	Cheeky Families 3-7+adult Teulu Direidus 3-7+oedolyn
Saturday Dydd Sadwrn	1630-1800	Holiday Chimps 8-16yrs Mwncïod Gwyliau 8-16oed
	0900-1000	Monkey Madness 3-5yrs Miri Mwncïod 3-5oed
	1015-1115	Monkey Madness 5-7yrs Miri Mwncïod 5-7oed
	1130-1300	Cheeky Chimps 8-12yrs Mwncïod Direidus 8-12oed

**Advanced booking is essential.
Minimum numbers will apply.
Instructor led classes will be reviewed 24hrs before starting.**

Rhaid Archebu oflaen llaw. Bydd lleiafysymiau o ran niferoedd yn gymwys. Caiff dosbarthiadau sy'n cael eu harwain gan hyfforddwr eu hadolygu 24 awr cyn dechrau.

NEW FOR 2021 / NEWYDD AR GYFER 2021	
Bookable sessions all week Sessiynau ar gael drwy'r wythnos	Get Climbing (all ages 7+) 'Have A Go' sessions. Dringwch (pod 7+ oed) Sesiynau i ddechreuwyd rhoi cynnig ar ddringo.
You can book online or use the app. Gallwch chi drefnu gweithgarwch ar-lein neu gan ddefnyddio ein ap.	

Class/ Dosbarth	Monkey Madness 3-5yrs/oed Miri Mwncïod	Monkey Madness 5-7yrs/oed Miri Mwncïod	Cheeky Families 3-7yrs/oed Teulu Direidus	Holiday Chimps 8-16yrs/oed Mwncïod Gwyliau & Cheeky Chimps 8-12yrs/oed Mwncïod Direidus	Introduction to Climbing Course 16+ Cwrs Cyflwyno Dringo
Explanation	1hr session focus on developing motor skills and promoting agility, balance and coordination.	Kids club introducing the fundamentals of climbing and encouraging skill acquisition.	Adult and child sessions, designed to get families climbing together and discovering a new sport within a supportive session.	1.5hrs Climbing club to learn how to climb in a safe environment with other children.	3 x sessions: Covering all aspects of knot tying and belaying culminating in a competency test.
Esboniad	Sesiwn 1 awr sy'n canolbwyntio ar ddatblygu sgiliau echddygol a hybu ystwythder, cydbwysedd a chydysymud.	Clwb plant sy'n cyflwyno hanfodion dringo ac yn annog dysgu sgiliau.	Sesiynau i oedolion a phlant a gynlluniwyd i annog teuluoedd i ddringo gyda'i gilydd a darganfod camp newydd o fewn sesiwn gefnogol.	Clwb dringo 1.5 Dysgwch sut i ddringo mewn amgylchedd diogel gyda phlant eraill.	3 sesiwn sy'n ymdrin â phob agwedd ar glymu cwlwm a gwneud yn sOWN mewn prawf cymhwysedd.