

GYDA'N GILYDD RYDYM YN CYFLAWNI LLWYDDIANT!  
TOGETHER WE ACHIEVE SUCCESS!



# Chwaraeon Allgwrwicwlaidd

## Extra Curricular Sports

|   | Dydd Llun<br><i>Monday</i>   | Cost | Dydd Mawrth<br><i>Tuesday</i>   | Cost          | Dydd Mercher<br><i>Wednesday</i>   | Cost | Dydd Iau<br><i>Thursday</i>  | Cost | Dydd Gwener<br><i>Friday</i> | Cost |
|---|--|------|---|---------------|--|------|--|------|------------------------------|------|
| <b>Amser Cinio</b><br><br><i>Lunch Time</i>   | Table Tennis<br><br>Badminton<br><br>Trampolinio<br><i>Trampolining</i><br><br>Dawns / <i>Dance</i><br>(Bl 7-9 / Yr 7-9)<br><br>Wal ddringo /<br><i>Climbing</i><br>(Unwaith y mis /<br><i>Once a month</i> )                  |      | Table Tennis<br><br>Pel droed i<br>ferched /<br><i>Girls' football</i>  |               | Table Tennis<br><br>Badminton<br><br>Self defence<br><br>Sboncen / <i>Squash</i>   |      | Table Tennis<br><br>Cardio<br>Tennis<br><br>Dodgeball<br><br>Hoci<br>(Merched)<br><i>Hockey (Girls)</i>                  |      | Badminton<br><br>Dodgeball   |      |
| <b>Ar ol Ysgol</b><br><br><i>After School</i> | Ystafell<br>Ffitrwydd /<br><i>Fitness room</i><br>(Merched /<br><i>Girls</i> )<br><br>Wal Ddringo /<br><i>Climbing</i><br><br>Rygbi Bl 7 & 8<br><i>Rugby Yr 7 &amp; 8</i><br>(Bechgyn a<br>Merched / <i>Boys</i><br>and Girls) | £1   | Pel droed CA3 /<br><i>KS3 Football</i><br><br>Cylched /<br><i>Circuit</i><br><br>Rygbi Bl9 / <i>Yr9</i><br><i>Rugby</i> | £1<br><br>50p | Pysgota / <i>Fishing</i><br><br>Pel rwyd /<br><i>Netball</i><br>Bl 7,8 & 9<br><i>Yr 7, 8 &amp; 9</i><br><br>Boxing<br><br>GEMAU /<br><i>FIXTURES</i> | 50p  | Gymnasteg /<br><i>Gymnastics</i><br><br>Ystafell<br>Ffitrwydd /<br><i>Fitness Room</i><br><br>GEMAU /<br><i>FIXTURES</i> | £1   |                              |      |



@pedyffrynconwy