

URDD GOBATH  
CYMRU AC UNDEB  
RYGBI CYMRU YN  
CYFLWYNO

£110

Gwersyll yr Urdd  
Llangrannog

# Cwrs Rygbi

## Rugby Course

24-26 CHWEFROR 2014  
8-12 OED (BL 4-7)  
CYNTAF I'R FELIN...!

24-26 FEBRUARY 2014  
8-12 YEAR OLDS (YR 4-7)  
FIRST COME...!

01239 652140  
llangrannog@urdd.org  
urdd.org/llangrannog



# Cwrs Rygbi Rugby Course 2014

**Chwilio am rywbeth i wneud dros hanner tymor?  
8-12 oed? Beth am ddod i Gwrs Rygbi yr Urdd ac Undeb  
Rygbi Cymru yng Ngwersyll yr Urdd Llangrannog?**

Fel rhan o'r profiad cewch gyfle i ddatblygu sgiliau rygbi dan ofal hyfforddwyr profiadol Undeb Rygbi Cymru. Bydd bag o nwyddau'r Undeb i bawb ac ar ben popeth bydd cyfle i fwynhau gweithgareddau'r Gwersyll! Darperir sesiynau hyfforddi ar gyfer chwaraewr o bob lefel.

Darperir pedwar pryd y dydd – brecwast, cinio, te a swper a gellir darparu bwydlen ar gyfer pob angen dietegol. Ceir asesiadau risg am bob agwedd o arhosiad plentyn. Mae yna ofal profesiynol 24 awr y dydd.

Cynhelir y cwrs o amser cinio 24 Chwefror tan amser cinio 26 Chwefror am £110. Trefnir bus i gasglu a dychwelyd plant o fannau penodol ar draws Cymru, (yn ddiwybnnol ar niferoedd) am uchafswm o £18 y ddwy ffordd.

## DIDDRDEB?

Gallwch wneud cais fel grŵp o ffrindiau neu fel unigolion (dychwelwch y ffurflen i Wersyll Llangrannog), trwy eich cangen Urdd leol, neu ysgol (dychwelwch y ffurflen i drefnydd y cwrs). Dim ond lle i nifer cyfyngedig sydd ar y cwrs. Os yw'ch cais yn llwyddiannus bydd gwybodaeth am y cwrs yn cael ei anfon atoch, yna gofynnir am ernes o 50% o'r tâl Gwersyll a'r tâl bus llawn.

**Looking for something to do during half term?  
8-12 years old? Why not come to the Urdd and the Welsh  
Rugby Union Rugby Course at Llangrannog Urdd Centre?**

As a part of the course you will be able to improve and develop your skills under the supervision of experienced WRU rugby coaches. You'll receive a WRU goody bag to take home and of course you can also enjoy the variety of activities at Llangrannog. Training sessions will be run for all skill levels.

Our sleeping facilities are of a high standard. You will have four meals a day – breakfast, dinner, tea and supper and all dietary needs are catered for. Risk assessments are available for every aspect of a child's stay and there is professional care 24 hours a day.

The course will run from lunch time 24 February to lunchtime on the 26 February for £110. Buses are organised to collect children from all over Wales (subject to sufficient numbers) for a maximum charge of £18 both ways.

## INTERESTED?

You can apply as a group of friends or as an individual (return form to Centre), through your local Urdd Branch or school (please return form to course organiser). There is a limited spaces on this course. Where an application is successful further information will then be sent, and 50% of the Centre's cost and full bus fare is required as a deposit.

Dychwelwch i /  
Return to:

Cwrs Rygbi, Gwersyll  
yr Urdd Llangrannog,  
Ceredigion SA44 6AE

Am fwy o wybodaeth /  
For further information:

01239 652 140 /  
llangrannog@urdd.org /  
urdd.org/Llangrannog

Enw / Name:

Dyddiad geni / DOB:

Cyfeiriad / Address:

Côd post / Post code:

Rhif cyswllt / Contact no.:

E-bost / E-mail:

Ysgol / School:

Enw rhiant neu warchodwr / Name of parent or guardian:

Llofnod / Signature:

Safon Rygbi / Rugby Standard: Dim / None 1 2 3 4 5 Da iawn / Very Good

Ceredigion Actif

