

AquaBabes & AquaTots

for infants aged 6 months to 5 years

AquaBabes & AquaTots courses are designed to introduce very young children & adults to the environment and pleasures of the water.

Allow your child to enjoy the water and to build confidence. Encourage them to improve their physique, motor control skills, self-confidence and social attitude.

These adult and child classes will be designed to match the age and development of the children. The sessions will be taken by a qualified 'Adult & Child Swimming Teacher'.

Speak to Reception about course start dates and availability.

**10 week course - Booking required, price on application
(5 week courses available at some sites)
Adults must accompany children in the water**

Equipment provided: Toys, Floats, Changing Mats

Useful equipment you need to provide:

Swim suit, towel, arm bands, washing equipment, change of nappy, food and drink for child, child's favourite bathtime toy and swim nappy.

(Amateur Swimming Association affiliated courses)



**PALC 01495 742222 / Cwmbran Stadium 01633 627100
Fairwater Leisure Centre 01633 872811**

AcwaBâbs ac AcwaTwts

campau dŵr i blant bach 6 mis i 5 mlwydd oed

Mae cyrsiau AcwaBâbs ac AcwaTwts wedi eu cynllunio i gyflwyno plant ifanc iawn ac oedolion i amgylchedd a phleserau'r dŵr.

Gadewch i'ch plentyn fwynhau'r dŵr, ac i fagu hyder. Ceiswch eu hannog i wella corffoedd, sgiliau rheoli symudiadau, hunan hyder ac agwedd gymdeithasol.

Mi fydd y dosbarthiadau hyn i oedolion a phlant wedi eu cynllunio ar gyfer oed a datblygiad y plant. Mi fydd y sesiynau yng ngofal 'Athro Nofio Oedolion a Phlant' cymwysedig. Holwch wrth y Dderbynfa am fanylion a dyddiadau cychwyn.

**Cwrs 10 wythnos - angen archebu lle, prisiau ar gael ar gais (cyrsiau 5 wythnos ar gael mewn rhai lleoedd)
Mae'n rhaid i oedolion fynd i mewn i'r dŵr gyda'u plant**

Offer ar gael: Teganau, Fflotiau, Matiau Newid

Offer defnyddiol y dylech eu cynnwys:

Gwisg nofio, tywel, rhwymynnau breichiau, offer golchi, cewyn glân, bwyd a diod i'r plentyn, hoff degan dŵr eich plentyn a chewyn nofio

(cyrsiau'n gysylltiedig â'r Gymdeithas Nofio Amatur)



**CBEP 01495 742222 / Stadiwm Cwmbrân 01633 627100
Canolfan Hamdden y Tyllgoed 01633 872811**