



Annwyl Athro / Rhiant

Gala Nofio'r Urdd – Gwybodaeth am gystadlaethau cynhwysol

Unwaith eto mae Chwaraeon yr Urdd, Nofio Cymru a Chwaraeon Anabledd Cymru wedi cydweithio i wneud yn siŵr fod y gala yn fwy cynhwysol. Y nod yw, gwneud hi'n haws i blant a phobl ifanc sydd gyda anableddau i gystadlu.

Eleni mae cystadlaethau 'Rhydd' a 'Chefn' penodol ar gyfer plant ag anableddau corfforol a synhwyrol. Gall pob ysgol gofrestru un merch ac un bachgen (ym mhob oedran) i'r cystadlaethau isod:

- Rhydd; nofwyr gyda nam corfforol
- Rhydd; nofwyr gyda nam golwg
- Cefn; nofwyr gyda nam corfforol
- Cefn; nofwyr gyda nam golwg

Bydd enillwyr o bob cystadleuaeth yn cael eu gwahodd i'r Gala Genedlaethol yng Nghaerdydd sy'n cael ei chynnal ddydd Sadwrn a Sul 25 a 26 Ionawr 2020.

Cofrestrwch eich disgyblion ar-lein ar gyfer yr uchod. Hoffwn hefyd eich hysbysu bod hawl i blant ag anableddau gymryd rhan mewn unrhyw gystadlaethau arall a cynigwyd.

Os oes gyda chi unrhyw gwestiynau yna plis cysylltwch â ni ar y manylion isod.

Diolch yn fawr

Chwaraeon yr Urdd / Chwaraeon@urdd.org / 07826 531000

Gala Nofio'r Urdd / Urdd Swimming Gala

Caerdydd / Cardiff

Cynradd / Primary
Dydd Sadwrn 25 Ionawr /
Saturday 25 January

Uwchradd / Secondary
Dydd Sul 26 Ionawr /
Sunday 26 January

Chwaraeon

NOFIO CYMRU SWIM WALES



Dear Teacher / Parent

Urdd Swimming Gala – Information regarding inclusive races

The Urdd, Swim Wales and Disability Sport Wales are collaborating again this year with the aim to develop an increasingly inclusive event, making it easier for children and young adults with a disability to compete.

This year there are dedicated Freestyle and Backstroke competitions for children with physical and sensory disabilities. Schools can enter one boy and one girl (in each age category) in the following events:

- Freestyle; swimmers with physical impairments
- Freestyle; swimmers with visual impairments
- Backstroke; swimmers with physical impairments
- Backstroke; swimmers with visual impairments

Winners from each competition will be invited to the National Swimming Gala held in Cardiff on Saturday and Sunday 25 and 26 January 2020.

To enter, please register your pupils online. Please note that children with disabilities can also compete in any of the races in our programme.

If you have any questions, then please do not hesitate to contact us on the details below.

Thank you

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