

TRAINERS MUST BE WORN TO TAKE PART IN ALL ACTIVITIES.

Pryd / when?	Llun / Monday	Mawrth / Tuesday	Mercher / Wednesday	Iau/ Thursday	Gwener / Friday
Amser cinio Lunch	<p>FOOTBALL/PÊL - DROED BL/YR 7-9 Mixed ASTRO (RH)</p> <p>BADMINTON BL/ Yr 7-9 Neuadd Chwaraeon / Sports Hall</p>	<p>FOOTBALL/PÊL – DROED BL/YR 7-9 Mixed ASTRO (RH)</p>	<p>FOOTBALL/PÊL - DROED BL/Yr 7-9 Mixed ASTRO (RH)</p> <p>BADMINTON BL/ Yr 7-11 Neuadd Chwaraeon / Sports Hall (SG)</p>	<p>OSGOI'R BÊL/ DODGEBALL BL/ YR 10-11 Mixed Sports Hall (RH)</p>	<p>OSGOI'R BÊL/ DODGEBALL BL/YR 7-9 Neuadd Chwaraeon / Sports Hall (RH)</p>
Ar ôl ysgol After- school	<p>Cricket/Criced BL/YR 7 - 9 Astro (AC)</p> <p>PÊL RWYD/ NETBALL BL/YR 7-10 Neuadd Chwaraeon / Sports Hall (EE)</p>		<p>PÊL FASGED/ BASKETBALL BL/YR 7-10 Neuadd Chwaraeon / Sports Hall (EE)</p> <p>FOOTBALL/PEL DROED BL/YR 12-13 Astro (RH)</p>	<p>ATHLETAU / ATHLETICS BL/YR 7-11 Arena (DML/AC/RH/EE)</p> <p>Gweithgareddau Dŵr / WATERSPORTS Porth Eirias (DJ/CS)</p>	<p>RANDOM ACTIVITY FRI- DAY Everyone—outside (DML)</p> <p>FFITRWYDD / FITNESS FRIDAY Sports Hall (AC)</p>