

# CYLCHLYTHYR BLWYDDYN 9

# YEAR 9 NEWSLETTER



Mehefin 2023 / July 2023

Croeso i Cylchlythyr Blwyddyn 9.

Welcome to the final edition of our Year 9 Newsletter.

Our learners have come to the end of their KS3 journey through school and their time with me as Progress Leader. In September Mr. Roberts will take over and see them through the next 2 years at Ysgol Calon Cymru. I will be sad to hand year 9 over yet am reassured by the fantastic progress that the group have made in so many areas; this will stand them in good stead for starting KS4 the right way. Some forms will have new tutors next year and some will stay the same:

10A - Miss K. Powell M4, 10B - Mr. Reynolds H1, 10C - Mrs. Nicholas M3 and 10D - Mr. Hillier H2. A big thank you to Mr K. Davies and Mrs J. Griffith who will be staying as year 9 tutors.

Mr. Roberts and the year 10 team will look forward to welcoming you to year 10 on Monday 4th September 2023 at 8:50am. Have a great Summer.

Pob Lwc Pawb!

Mrs C. Ealey-Fitzgerald and the Year 9 Team

Ar ôl blwyddyn brysur arall, rwy'n falch iawn ein bod yn gallu rhannu ein Cylchlythyr Haf gyda chi. Fel y gwelwch yn y tudalennau canlynol, mae ein disgyblion wedi rhagori eto eleni ac mewn ystod eang o weithgareddau. Mae ein staff yn parhau i weithio'n galed i roi mynediad i'n disgyblion i ystod eang o gyfleoedd dysgu ac mae'n werth chweil gweld cymaint o'n disgyblion yn ffynnu. Yn Ysgol Calon Cymru rydym yn gwerthfawrogi'r unigolyn, yn deall pwysigrwydd perthnasoedd ac yn gwneud ein gorau i fod yn amgylchedd cynhwysol a chroesawgar.

Hoffwn achub ar y cyfle hwn i ddiolch i chi am eich holl gefnogaeth, gan mai dim ond trwy weithio mewn partneriaeth â chi y gallwn gael y gorau gan y bobl ifanc yn ein gofal. Gobeithio bod ein holl ddisgyblion a theuluoedd yn mwynhau gwyliau haf haeddiannol. Diolch yn fawr.

After another busy year, I am very pleased that we are able to share with you our Summer Newsletter. As you will see in the following pages, our pupils have excelled again this year and in a wide range of activities. Our staff continue to work hard to give our pupils access to a wide range of learning opportunities and it is rewarding to see so many of our pupils thriving. At Ysgol Calon Cymru we value the individual, understand the importance of relationships and do our best to be an inclusive and welcoming environment.

I'd like to take this opportunity to thank you for all of your support, as it is only by working in partnership with you, that we can get the best from the young people in our care. I hope all our pupils and families enjoy a well-deserved summer break. Diolch yn fawr.

- Dr. R Jones



VOL. 3

## Presenoldeb / Attendance

Llongyfarchiadau i 9B am y presenoldeb gorau'r tymor hwn.

Congratulations to 9B for the highest attendance this term.

100% all year - Congratulations to Shannon Coe 9B

## Credydau / Credits

Llongyfarchiadau i 9C am credydau uchaf y tymor hwn.

Congratulations to 9C for achieving the highest credits this year!

9A - Overall points score - 4214

9B - Overall points score - 3972

9C - Overall points score - 4538

9D - Overall points score - 3484



## Autumn Term Dates 2023

School: Sept 4th - Oct 27th

Cluster INSET days - Oct 2nd and 3rd

Half term: Oct 30th - Nov 3rd

School: Nov 6th - Dec 22nd

# CWRDD A'R TÎM LLES

## MEET THE WELLBEING TEAM

### PWY ALL EICH CEFNOGI? WHO CAN SUPPORT YOU?



Ms Rhys-Jones

Head of Campus Designated Safeguarding Officer



Mrs V. Phillips

Associate Assistant Headteacher Deputy Safeguarding Officer



Mr J. Roberts

Progress Leader Year 10 and 11



Mrs. M. Payne

Behavioural Officer

### GWISG YSGOL / UNIFORM

Dylai disgyblion bliwyddyn 7-11 wisgo'r wisg ysgol. Rydym yn gosod ac yn ymdrechu i gynnal safonau uchel o wisg ysgol. Pupils in year 7-11 should wear the school uniform. We set and endeavour to maintain high uniform standards for all pupils.



Tei Calon Cymru gyda chlip / traddodiadol. Calon Cymru Tie Clip on/ traditional



Crys plaen llewys hir neu fyr. Long or short sleeved plain white shirt.

Siwmpwr ysgol neff gyda logo'r ysgol. Navy school jumper with school logo.

- Trowsus du neu glas tywyll (nid yw trowsus cargo, jîns neu jeggings yn dderbyniol) neu sgert ddu / glas tywyll smart/ teilwredig hyd at y penglin.
- Smart black or navy trousers (cargo, combat, jeans and jeggings styles are not acceptable) or smart black or navy knee length skirt (jersey tube skirts are not acceptable).
- Sanau tywyll Dark socks (black opaque tights may be worn)
- Esgidlau du plaen (nid yw esgidlau gyda logos / llŵ yn dderbyniol) Plain black footwear (coloured trim, laces and any printed designs/logos/symbols are not acceptable).



Mae lluniau mwy afaint o'r rhain ar ein gwefan. Larger versions of these images are available on our website: [ysgolcalon-cymru/parents/school-uniform](https://www.constructiv.co.uk/ysgolcalon-cymru/parents/school-uniform)

Yn ogystal, byddwn nawr yn caniatáu i'n disgyblion wisgo top cwfflog yr ysgol os dymunant. In addition to this we will now be allowing our pupils to wear a school hooded top if they wish.

<https://www.constructiv.co.uk/>

Goodbye and good luck to Mr. Tom Martin who will be leaving us this Summer in his role as Year 9 Behaviour Officer. He will be going to University to become a P.E teacher in the Autumn term. A massive thank you for everything that he has done for our year group. Diolch yn Fawr!



It has been very pleasing to see so many of our year group showing their commitment towards good uniform this term. The credits system is rewarding their good standards and helping them to realise the importance and pride we have at Ysgol Calon Cymru which is shared within the school.

If anyone has any difficulties with uniform please get in touch

# ACHIEVEMENT CERTIFICATES



Certificates are being awarded to pupils that have reached the following milestones in their credits on Go4Schools.



**Gold Award -  
350  
Achievement  
Points**



**Silver Award -  
250  
Achievement  
Points**



**Bronze Award -  
150  
Achievement  
Points**



**WELL DONE  
ALL!**

## BRONZE

**9A**  
Cody Prince  
Charlie Bufton  
Thirza Currie  
Kyran Swabey  
Tomos Jones  
Fiona Montana  
Lucas Malin  
Evie Gray  
Kelvin Haile

**9B**  
Matthew Spacey  
Ruby Vermiere  
Robert Lewis

**9C**  
J Geere  
Taylor Hampton Saunders  
Zazi Price  
Rachel Edwards

**9D**  
Lewis Flynn  
Alex Hallam  
Casey Rees  
Jack Hughes  
Harrison Powell  
Riley Hope  
Ceri Griffiths

## SILVER

**9A**  
Ffion Griffiths  
Annabelle Ealey-Fitzgerald  
Elin-Mae Lewis  
Conor Walby

**9B**  
Tristan James  
Emily Forkings  
Katie Davies  
Abi Roantree  
Rafi Watling

**9C**  
Ali Khalaf  
Iraklis Mavratzotis  
Harry Davies  
Sophie Stuart  
Kieran Roberts

**9D**  
Eve Parker  
Aoife-Mae Harrison  
Cara Dunne  
Isabella Hughes

## GOLD

**9C**  
Teagan Katzler      Chardonnay Mills      Conner Hawksworth

Dyma'r tystysgrifau credydau newydd a roddwyd ers y gwasanaeth gwobrwyo diwethaf ac maent yn cynrychioli'r pwyntiau cadarnhaol cyffredinol i'n grŵp blwyddyn.

Daliwch ati gyda'r gwaith da a chanolbwyntiwch ar ennill mwy yn ystod blwyddyn 10.

These are the new credits certificates awarded since the last rewards assembly and represent the overall positives awarded to our year group.

Keep up the great work and focus on gaining more during year 10

# Llwyddiannau Allgyrsiol a Thu Allan i'r Ysgol

## Extra Curricular and Outside of school successes

Unwaith eto, mae'n bleser mawr gennym longyfarch nifer yn ein grŵp blwyddyn sy'n mynd cam ymhellach mewn sawl maes anhysbys yn eu bywydau. Mae gan sawl un llawer o gyfrifoldebau ychwanegol yn ogystal â gwaith ysgol ac mae eraill yn aelodau o glybiau a thimau ac yn cyfrannu at sawl agwedd wahanol o fywyd. Longyfarchiadau i bawb yn ein grŵp blwyddyn.

Yet again, we are delighted to congratulate many of our year group who go above and beyond in so many unsung areas of their lives. Many have a lot of extra responsibilities to balance with school work and others are members of clubs and teams and they participate in many different facets of life. Congratulations to all of our year group.

9A

**Reuben Baker - Rugby Talent ID**  
**Annabelle Ealey-Fitzgerald - Grade 2 Distinction on Piano, Grade 5 Merit in Singing, Karate 1st Kyu Brown Belt**  
**Elin-Mae Lewis - 1st at David Brooms (jumping events), 1st in BE80 with the Pony Club in Howick, 1st in Hound show (with Gaffer), 2nd in Show jumping at Radford (50 participants)**  
**Luke Morgan-Rogers - 1st in Stock judging in YFC, Rugby tournament for YCC, Rugby Talent ID**  
**Qainaat Munir - St. John Cadet Carnival duty**  
**James Thomas - 1st in Stock judging in YFC**

9B

**Katie Davies - Riding for Disabled regional qualifier**  
**Emily Forkings - Player's Player - Llandrindod Girls Football**  
**Caitlin Wallace - Manager's Player of the Year - Llandrindod Girls Football**

9C

**Zach Donaldson - Gwastedyn Hill Race**  
**Rachel Edwards - St. John Cadet Carnival duty**  
**Teagan Katzler - Raising £80 and participating in Race for Life**  
**Chardonnay Mills - 1st in costume competition, Llandrindod Carnival**  
**Zazi Price - Gold Award in YCC Reading Olympics**

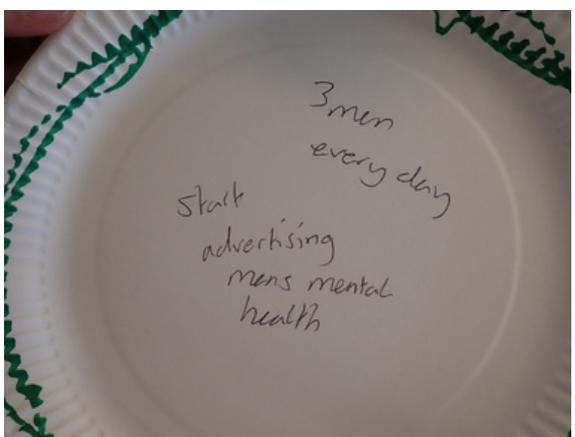
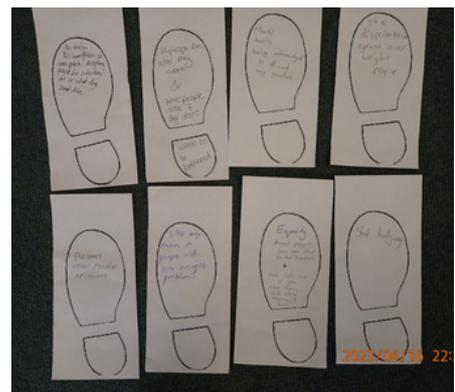
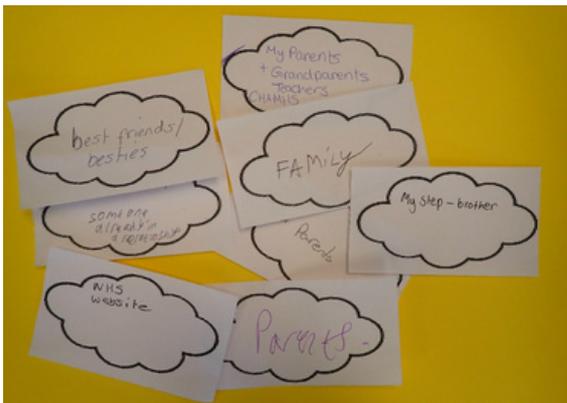
9D

**Jonny Avenell - St. John Cadet Carnival duty**  
**Sam Bevan - Abergavenny Rugby tournament, competed for Builth Bulls and won, Rugby Talent ID, represented Mid-Wales at Badminton competition in Cardiff**  
**Cara Dunne - Grade 4 Merit on Drum Kit**  
**Ceri Griffiths - U18 Bowls for Wales competitor**  
**Alex Hallam - 3rd at Newtown Athletics competition, Manager's player for Pen-y-bont Football team**  
**Harrison Powell - Abergavenny Rugby tournament, competed for Builth Bulls and won, represented Mid-Wales at Badminton competition in Cardiff**  
**Casey Rees - YFC Entertainment**

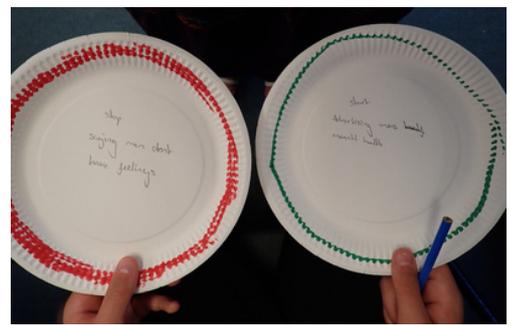
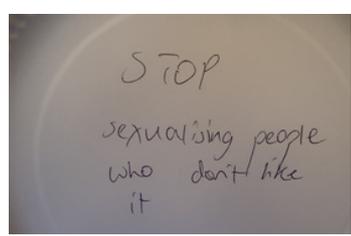
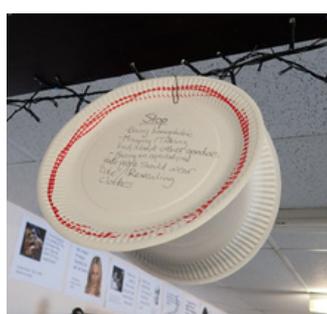
# Relationships and Sexual Education Workshops

Yn unol â'r cwricwlwm newydd a'r fframwaith ACRh mae pob Arweinydd Grŵp wedi gweithio gyda'u grwpiau blwyddyn i gyflwyno i'n dysgwyr rai o'r materion a phynciau y mae'n rhaid iddynt wybod amdanynt a dysgu amdanynt. Cafodd pob dosbarth ym mlwyddyn 9 sesiwn i ddarganfod beth sy'n eu pryderu, yr hyn y mae'n ofynnol iddynt wybod yn eu hoed hwy a sut y mae'n rhaid i ni weithredu ac ymateb mewn modd cyfrifol i ddiogelu ein hunain a grymuso ein gilydd gyda'r wybodaeth gywir yn y byd cyfoes. Gan ein bod wedi cynnal archwiliad ysgol gyfan o'r hyn sydd angen ei wneud a sut y gall llais disgyblion, staff rhieni ein hysbysu am farnau a'r angen i ddsygu, gallwn ymgorffori arfer dda yn ein cwricwlwm gyda gwybodaeth a dysgu cywir a chyfredol. Gan ddechrau yn rhyddwr Hydref cynhelir cyfres o foreau gostwng i gyflwyno pob llinyn o Gydberthynasau a Hunaniaeth, Iechyd Rhywiol a Lles a Grymuso, Diogelwch a Pharch. Dyma rai lluniau a dynnwyd yn ystod ein gweithdai ACRh gyda blwyddyn 9

In line with the new curriculum and RSE framework all Progress Leaders have worked with their year groups to introduce our learners some of the issues and topics that they need to be aware of and learn about. Each class in year 9 had a session to discover what they are concerned about, what they need to know at their age and how we need to act and react in a responsible way to protect ourselves and empower each other with the right knowledge and information in today's world. Now that we have conducted a school wide audit of what needs to be done and how pupil, staff and parent voice can inform us of views and a need for learning, we can embed good practice into our curriculum with correct up to date knowledge and learning. Starting in the Autumn term there will be a series of drop-down mornings to deliver each strand on Relationships and Identity, Sexual Health and Wellbeing and Empowerment, Safety and Respect. Here are a few photos taken during our RSE workshops with year 9:



**RSE dates for the following year:**  
 Monday 9th October p 1+2  
 Wednesday 6th Dec p 3+4  
 Friday 26th January p 1+2  
 Wednesday 28th February p 1+2  
 Friday 19th April p 1+2  
 Thursday 4th July p 3+4





## Relationships and Sexuality Education - Consultation

Mae Jess Metcalf wedi bod yn gweithio'n ddiweddar yn yr ysgol gyda'n pobl ifanc gan roi rhagor o weithdai ar Gydraddoldeb ac Ymglymiad

Jess Metcalf has been working with our young people recently in school and providing further workshops on Equalities and Engagement

### JESS METCALF EQUALITIES & ENGAGEMENT YOUNG PEOPLES OFFICER



#### WHAT DO YOU DO?

I work in schools and youth organisations to empower young people to challenge inequality in their lives. I help to support young people and their communities and to increase awareness and visibility of minority groups.



#### GROUP WORK

I help to set up groups in schools, or support existing ones, like the School Council or LGBTQ+ Groups.



#### EQUALITY ACT 2010

My work is centred around the Equality Act 2010 and the 9 protected characteristics, these are:

- age
- disability
- gender reassignment
- marriage and civil partnership,
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation



#### WHEN WILL YOU BE IN SCHOOL?

I will aim to be in school at least monthly, this way I get to see you regularly without impacting on your timetable too much! You can contact me online if you want to discuss anything :)



#### CONTACT DETAILS



@jessmetcalfeeypo



[www.facebook.com/jessyouthworker](https://www.facebook.com/jessyouthworker)



[jess.metcalf@powys.gov.uk](mailto:jess.metcalf@powys.gov.uk)



### JESS METCALF SWYDDOG POBL IFANC - CYDRADDOLDEB AC YMGYSYLLTU



#### BETH WYT TI'N EI WNEUD?

Rwy'n gweithio mewn ysgolion a sefydliadau ieuencid i rymuso pobl ifanc i herio anghydraddoldeb yn eu bywydau. Rwy'n helpu i gefnogi pobl ifanc a'u cymunedau ac i gynyddu ymwybyddiaeth a gwelededd grwpiau lleiafrifol.



#### GWAITH GRŴP

Rwy'n helpu i sefydlu grwpiau mewn ysgolion, neu gefnogi rhai sy'n bodoli eisoes, fel y Cyngor Ysgol neu grwpiau LGBTQ+.



#### DEDDF CYDRADDOLDEB 2010

Mae fy ngwaith yn canolbwyntio ar Ddeddf Cydraddoldeb 2010 a'r 9 nodwedd warchoddedig, sef:

- oedran
- anabledd
- ailbennu rhywedd
- statws priodasol neu bartneriaeth sifil
- beichiogrwydd a mamolaeth
- hil
- crefydd neu gred
- rhyw
- cyfeiriadedd rhywiol



#### PRYD FYDDA' I YN YR YSGOL?

Byddaf yn anelu at fod yn yr ysgol o leiaf bob mis, fel hyn byddaf yn gallu dy weld yn rheolaidd heb effeithio gormod ar dy amserlen! Gallu di gysylltu â mi ar-lein os wyt ti am drafod unrhyw beth :)



#### MANYLION CYSWLLT



@jessmetcalfeeypo



[www.facebook.com/jessyouthworker](https://www.facebook.com/jessyouthworker)



[jess.metcalf@powys.gov.uk](mailto:jess.metcalf@powys.gov.uk)



# Llwyddiannau Chwaraeon Sporting Successes

Rugby Merched Ysgol Calon Cymru v YU Gwernyfed / Ysgol Calon Cymru Girls Rugby v Gwernyfed HS

(Ruby Vermeire, Fiona Montana, Casey Rees, Abi Roantree)

Teithiodd 43 merch Calon Cymru o flynyddoedd 7, 8 a 9 i Wernyfed heulog braf i chwarae cyfres o gemau rygbi cyffwrdd a chyswllt. Enillodd y merched y gemau cyffwrdd i gyd ar draws pob grŵp oed. Ac yna cyntaf arall i ferched Calon Cymru – eu profiad cystadleuol cyntaf o gyswllt a thaclo yn erbyn set o ferched oedd wedi profi hyn. Cyfunodd merched blwyddyn 8 a 9 gan fynd yn agos at y gwrthwynebwyr a methu o 3 sgôr yn unig. Ond, enillodd blwyddyn 7 eu gêm gyswllt 7s. Roedd rhan fwyaf y merched wedi rhoi cynnig ar y cyswllt ac roedd yn bleser gweld y potensial oedd i'w weld. Unwaith eto, gall y merched ymfalchïo yn eu hymdrechion. Da iaw

43 Calon Cymru girls from year 7, 8 and 9 travelled across to a sun drenched Gwernyfed and played a series of touch and contact rugby matches. The girls won all the touch matches across the age groups. And then another first for Calon Cymru girls – their first competitive experience of contact and tackle against a set of girls who had. The year 8 and 9 girls combined and took the opposition close just missing out by 3 scores. However, the year 7s won their contact match. Most of the girls tried the contact and it was pleasing to see the potential on show. The girls can again be proud of their efforts. Well done!

## Sports Day 2023

Er gwaethaf newid y diwrnod, cynhaliwyd diwrnod chwaraeon ar ddydd Iau 6ed Gorffennaf ar y cae ac roedd yr ysgol i gyd yn medru cefnogi pawb am y tro cyntaf. Roedd y tai wedi eu marcio'n glir ar y llethr ac roedd y tywydd yn berffaith ar gyfer diwrnod o hwyl a llwyddiant. Roedd cyfranogiad blwyddyn 9 yn uchel ac roedd nifer yn cymryd rhan mewn amryw o ddigwyddiadau hen a newydd. Cafwyd y Ras-Driphlyg Hen Ysgol yn lle'r Naid Uchel ac er bod yr amser yn gyfyng ar ddiwedd y dydd ac nid oedd modd rhedeg y ras 1500, cael a chael oedd hi ond y Tŷ â'r nifer fwyaf o bwyntiau oedd Coch. Cafwyd y gystadleuaeth mwyaf brwd yn y 'Tynnu Rhaff' a 9A oedd yr enillwyr anorchfygol.

Despite a change of day, Sports Day was held on Thursday 6th July on the field with all of the school able to support everyone for the first time. With the houses clearly marked out on the slope the weather was perfect for a great day of fun and successes. Participation was high from year 9 with many taking part in a variety of old and new events. The regular High Jump was replaced by the Old-School Tri race and even though time was limited at the end of the day with the 1500 not run, the day was a close call but the House with the most points was Goch - Red.

The most contested event was the 'Tug-o-war' where 9A overwhelmingly took the crown.



# Music Visit

## Band of the Prince of Wales

Ar ddiwrnod olaf Tymor y Gwanwyn rhoddwyd cyfle i'r myfyrwyr fynychu gweithdy Ymgeisio i'r Fyddin yn Ysgol Gynradd Llanfair-ym-Muallt dan arweiniad Band Tywysog Cymru.

Clywodd y myfyrwyr gerddoriaeth ryfeddol gan gerddorion rhagorol a berfformiodd themau ffilmiau, caneuon poblogaidd a repertoire clasurol. Dysgodd y bobl ifanc am yr offerynnau, cawsant wybodaeth ar fod yn gerddor yn y Lluoedd Arfog a sut y maent yn teithio'r byd yn cyflawni eu dyletswyddau fel cerddor blaengar yn eu maes. Roedd yn ddigwyddiad gwych oedd am ddim ac werdi ei drefnu gan ddatblygiad Cerddoriaeth Powys.

On the final day of the Spring term students had the opportunity to attend an Army Aspire workshop in Builth Primary led by the Band of the Prince of Wales. Students heard some amazing music with film themes, popular songs and classical repertoire performed by amazing musicians. The youngsters learned about the instruments, gained information about being a musician in the Armed Forces and how they travel throughout the world doing their duty as a top musician in their field. It was an amazing free event provided by the Music development in Powys.



# Diwrnod y Fyddin Gorffennaf 2023

## Army Day July 2023



# Diwrnod Iechyd a Lles 2023

## Health and Wellbeing Day 2023

Ar ddydd Mercher 5ed Gorffennaf roedd y campws cyfan wedi mwynhau sawl sesiwn a ddarparwyd ar eu cyfer i gynyddu ymrwymiad i weithgareddau iechyd a lles. Roedd sawl partner cymunedol yn gysylltiedig a chynhaliwyd gweithdai a gweithgareddau gan y staff gydol y dydd. Roedd nifer o'n myfyrwyr blwyddyn 9 wedi cymryd rhan yn y Ffair Fwyd, Dawnsio, Daeneg, Drymio Samba, Pêl Droed, Syrffio, Dyn Cryf, Rygbi, Saethyddiaeth, Bowls, Celf, Konga, datrys Problem a Chyrsiau Rhwystrau. Edrychwch ar ein tudalen facebook i gael manylion am weithgareddau am ddim i ddisgyblion YCC yr haf hwn dan arweiniad ein partneriaid cymunedol.

On Wednesday 5th July the whole campus enjoyed many sessions that were laid on for them to increase engagement in health and wellbeing activities. Many community partners were involved and staff ran workshops and activities throughout the day. Many of our year 9 students participated in the Food Fayre, Dancing, Danish, Samba Drumming, Football, Surfing, Strongman, Rubgy, Archery, Bowls, Art, Konga, Problem solving and Obstacle Courses. Look at our facebook page for details of free activities for pupils of YCC this summer run by our community partners



**Rhayader Running Club**  
Meet at Lake Llandrindod Wells  
free COME & TRY sessions



**Beginners Group**  
No experience needed - Ages 16+  
Tuesday 6.00 - 7.00pm  
Email: derek.price@powys.gov.uk

# Sport Powys

**Come & Try**  
**Builth Junior Squash Club**  
Builth Wells Sports Centre Squash Court  
**FREE PASS**



**Sunday Morning**  
Ages 6-10 (9.15-10.15am) Ages 11+ (10.30-11.30am)  
No experience needed - Equipment provided.  
Contact: Iain McKechnie on 07946 014426 or email: mckechnie1970@me.com

**BUILTH WELLS R.F.C.**  
**Girls Rugby**  
Starting Wednesday 3rd May 2023  
Lant, Builth Wells

6:00PM-7:00PM U7,U8,U9,U10,U11,U12  
7:00PM-8:00PM U13,U14,U15,U16  
For more information email: waynemohub@outlook.com

**Just Turn Up & Play**

**CAMBRIAN ARCHERS**  
Dolwyn Fields, Llanwrtyd Wells

Adults £6  
Child £4  
Family £12

**ONE FREE PASS**  
All equipment provided - No experience needed  
Sunday 2 - 5pm - Ages 7 and over  
Non Members COME & TRY on the 2nd and 4th Sunday of every month  
Club members only EVERY SUNDAY  
Email: cambrianarchers@outlook.com

**Irfon Judo Club**  
**FREE PASS**  
Builth Wells Sports Centre



**Monday Evening**  
Ages 5-7 4.45-5.30pm Ages 12-15 6.30-7.30pm  
Ages 8-11 5.30-6.30pm Ages 16+ 6.30-7.30pm  
Email: irfonjudoclub@hotmail.co.uk

**Llandrindod Wells Tennis Club**  
Pavilion, Spa Road

**We Do Tennis Free Session**



**THURSDAY EVENING**  
5-6pm (4-7 years) 6-7pm (8-13 years)  
7-8pm (14+ years)  
Email: llandrindodtennisclub@outlook.com  
Email: shanlewis1992@gmail.com

**KONGA**  
Dance fitness  
**MUSIC**  
**MOVEMENT**  
**MENTAL HEALTH**  
ENJOY DANCE? YOU NEED TO TRY THIS!

**FIRST CLASS FREE!**

Free class for pupils of Ysgol Calon Cymru!  
Email @lauras-thomas@hotmail.co.uk with code YCC07 to reserve your space

- Locations may change to outdoors during summer months check on social media sites for class updates
- Mondays Builth Wells 6.30pm The Strand Hall or Builth primary school yard
- Wednesdays Llandrindod Wells 7pm The Pavilion undercroft or Rock Park Centre Canopy

NO BOOKING REQUIRED - OPEN TO EVERYONE!  
EASY TO FOLLOW ROUTINES WITH ONLY 4 MOVES!  
CASH OR CARD PAYMENT Follow @laura.lanfitness

**PADDLE CLUB**  
Lakeside Boathouse Llandrindod Wells  
**FREE TASTER SESSION**



**Thursday 5.00pm - 6.30pm**  
Call Lakeside Boathouse on 01597 824604

**ONE FREE PASS**  
**Summer Junior Club**  
email/call to use your FREE PASS  
fixtures@llandrindod-bowling.co.uk

**Llandrindod Outdoor Bowls**



**Summer Holidays**  
**Every Wednesday 2 - 4pm**

**Haf 2023**

**Summer**