

## Clwb Cymunedol Cynhwysol

Ydych chi erioed wedi eisiau chwarae chwaraeon ond ddim yn meddwl y gallech chi? Ein clybiau cymunedol cynhwysol yw 'r lle i chi, dysgu sgiliau newydd, cwrdd â ffrindiau newydd ac yn bwysicaf gael hwyl mewn amgylchedd lle nad oes ots am anabledd.

- Sesiynau hwyliog a diddorol wedi 'u teilwra i blant a phobl yn eu harddegau ag anableddau
- Gemau dim contact, gemau rygbi tag a gweithgareddau hwyliog.
- Oedran rhwng 6 a 16.
- Hyfforddwyr URC cymwys sydd gyda "DBS"



Mae 'r sesiynau yn dechrau ar y 6ed o Hydref yng nghyfleuster hyfforddiant dan do Parc Y Scarlets.  
Bydd y sesiynau 'n rhedeg o 4:45pm i 6pm

Am ragor o wybodaeth cysylltwch â David Arthur drwy e-bost ar [darthur@wru.wales](mailto:darthur@wru.wales)

## INCLUSIVE COMMUNITY MULTI SPORTS CLUB (ICC)

Ever wanted to play sport but didn't think you could? Our inclusive Community Clubs are the place for you, learn new skills, meet new friends and most importantly have fun in an environment where disability doesn't matter.

- Fun and engaging sessions tailored to children and teens with disabilities
- Non-contact, tag-based rugby games and fun activities
- Age range 6 to 16
- WRU Qualified and DBS Coaches
- Siblings and friends welcome



SESSIONS ARE DUE TO COMMENCE FOR 8 WEEKS ON THE 6TH OF OCTOBER AT PARC Y SCARLETS INDOOR TRAINING FACILITY.

SESSIONS WILL RUN FROM 4:45PM TO 6PM.

FOR FURTHER INFORMATION PLEASE CONTACT DAVID ARTHUR VIA EMAIL [darthur@wru.wales](mailto:darthur@wru.wales)