BETTER CARDIFF NEWSLETTER

JANUARY-MARCH 2026

Welcome to the first edition of Cardiff's Better Swim School newsletter where we celebrate swimmers, share local updates,highlight postive stories and share what's on at your local Better swimming pool.

FIVE STAR FEEDBACK AT LLANISHEN LC

Louisa, Swim School Lead at Llanishen, has received excellent feedback from a customer regarding our short course sessions:

"My daughter attended the top-up Short Course class at Llanishen and I want to share the huge progress we have noticed in her swimming and her confidence. Louisa was very friendly and I felt her teaching was excellent, as she clearly demonstrates how children should move in the water and Autumn benefited greatly because some skills take time to understand for her. I'm hoping there will be another course for Easter as I would love to enroll her again for lessons. Thanks once more."

Our short courses are intensive week-long swimming sessions, with daily 30-minute classes planned to support swimmers build confidence and progress quickly.

Short courses run across all our swimming pools throughout the school holidays. If you would like further information, please contact reception. Spaces are limited so early booking is strongly recommended. Visit better.org.uk/cardiff-better-swim-school to book.

MAKING WAVES: PWYLL & RYAN'S SUCCESS!

We're celebrating a fantastic milestone for Pwyll, one of our dedicated Level Water swimmers! Working alongside his instructor, Ryan at Star Hub, Pwyll has shown incredible growth in his swimming skills and water confidence. As a Welsh speaker, Pwyll has benefited from Ryan teaching their one-to-one lessons entirely in Welsh. This tailored support has led to a huge boost in his progress and comfort in the pool.

Level Water provides essential funding for high-quality, one-to-one lessons for children with disabilities.

Interested? Please ask a member of staff for more details...

SHARPENING STROKE TECHNIQUES THIS EASTER

Better Swim School has launched new Stroke Technique Clinics across all swim schools this school holiday, giving young swimmers the chance to improve specific strokes and build confidence in the water. Designed for Foundation Green level swimmers and above, the 45-minute sessions focus on one stroke at a time – Butterfly, Breaststroke, Backstroke or Front Crawl. With small group sizes and expert coaching, swimmers receive focused support to refine technique, overcome challenges and progress in their swimming journey. Speak to your child's teacher to find out which stroke they'd benefit so more support in.

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SWIMMERS IN THE SPOTLIGHT JAN-MARCH

Well done to all our Swimmers of the Month from January to March across Better Swim School Cardiff—keep up the great work in the pool!

Eastern - India Mordey Alana Zwawi Quade Champion
Fairwater - Ethan Fry Jack Gold
Llanishen - Maya Ersahin Thomas Hodges Jude Hopkins
Maindy - Diana Shaban Bideleh David Shaban Bideleh Poppi Morse
Star - Kitty Edwards Albi J Palmer Ethan Higgins
Western - Jacob Jeffers Violet Geach Leo Sen

FAMILY MAKES A SPLASH WITH PAUL AT WESTERN

It's been fantastic to see the Boye family embracing their swimming journey together. With Paul's support and guidance, each member is progressing brilliantly—Livvie in the Development class, mum, Sarpomaah, in Swim Doctor Beginners, and dad, Brian, in Swim Doctor Coaching.

Seeing a whole family learning, improving and gaining confidence sideby-side is truly special. It's a powerful reminder of how swimming can bring people together and create shared moments to celebrate.

DISTANCE WEEK: A HUGE SUCCESS!

Distance Week was an incredible success! Swimmers of all ages pushed themselves, achieved personal goals and celebrated every milestone along the way. It was wonderful to see so many happy, smiling children enjoying the water and embracing the challenge. A big well done to everyone who took part, your effort and enthusiasm truly made the week special!

UPCOMING EASTER ACTIVITIES

Easter Parties – Fun and games for all BSS members
Easter Theme Week – Specially themed swimming lessons packed with Easter-inspired lessons
Short Courses – Week-long intensive lessons to help swimmers improve their skills over the break Easter and May half-term
Swim Technique Clinics – Focused 45-minute sessions on Butterfly, Breaststroke, Backstroke or Front Crawl designed to refine technique and boost confidence across Easter and May half-term.
Check out better.org.uk/cardiff-better-swim-school for full info

SWIMMING HATS AT BETTER SWIM SCHOOL

Better Swim School Cardiff has now introduced swimming hats for lessons. Hats help teachers and lifeguards identify swimmers abilities, keep hair out of their eyes for better focus and help swimmers feel part of a team.

New members receive a free hat in their lesson colour, and swimmers get a new one when they progress to the next level.

To get yours please speak to your child's swim teacher.

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CYLCHLYTHYR BETTER CAERDYDD

Ionawr/Mawrth 2026

Croeso i rifyn cyntaf cylchlythyr Ysgol Nofio Better Caerdydd lle rydym yn dathlu nofwyr, yn rhannu diweddariadau lleol, yn tynnu sylw at straeon cadarnhaol ac yn rhannu'r hyn sy'n digwydd yn eich pwll nofio Better lleol.

FIVE STAR FEEDBACK AT LLANISHEN LC

Mae Louisa, Arweinydd Ysgol Nofio yn Llanisien, wedi derbyn adborth ardderchog gan gwsmer ynglŷn â'n sesiynau cwrs byr:

"Mynychodd fy merch y dosbarth Cwrs Byr yn Llanisien ac rwyf am rannu'r cynnydd enfawr rydyn ni wedi'i sylwi yn ei nofio a'i hyder. Roedd Louisa yn gyfeillgar iawn ac roeddwn i'n teimlo bod ei haddysgu yn ardderchog, gan ei bod hi'n dangos yn glir sut y dylai plant symud yn y dŵr ac roedd Autumn wedi elwa'n fawr oherwydd bod rhai sgiliau yn cymryd amser i'w deall iddi. Rwy'n gobeithio y bydd cwrs arall ar gyfer y Pasg gan y byddwn wrth fy modd yn ei chofrestru eto ar gyfer gwersi. Diolch unwaith eto."

Mae ein cyrsiau byr yn sesiynau nofio wythnos dwys, gyda dosbarthiadau dyddiol 30 munud wedi'u cynllunio i gefnogi nofwyr i fagu hyder a symud ymlaen yn gyflym.

Mae cyrsiau byr yn rhedeg ar draws ein holl byllau nofio trwy gydol gwyliau'r ysgol. Os hoffech chi fwy o wybodaeth, cysylltwch â'r dderbynfa. Dim ond hyn y hyn o leoedd sydd ar gael, felly rydyn ni'n argymell cadw lle yn gynnar. Ewch i better.org.uk/cardiff-better-swim-school i archebu

MAKING WAVES: PWYLL & RYAN'S SUCCESS!

Rydyn ni'n dathlu carreg filltir wych i Pwyll, un o'n nofwyr Level Water ymroddedig! Gan weithio ochr yn ochr â'i hyfforddwr, Ryan yn Hyb Star, mae Pwyll wedi dangos twf anhygoel yn ei sgiliau nofio a'i hyder yn y dŵr. Fel siaradwr Cymraeg, mae Pwyll wedi elwa o Ryan yn dysgu eu gwersi un-i-un yn gyfan gwbl yn Gymraeg. Mae'r gefnogaeth wedi'i deilwra hon wedi arwain at hwb enfawr yn ei gynnydd a'i gysur yn y pwll.

Mae Level Water yn darparu cyllid hanfodol ar gyfer gwersi un-i-un o ansawdd uchel i blant ag anableddau.

Oes diddordeb gennych? Holwch aelod o staff am ragor o fanylion

SHARPENING STROKE TECHNIQUES THIS EASTER

Mae Ysgol Nofio Better wedi lansio Clinigau Techneg Nofio newydd ar draws pob ysgol nofio y gwyliau ysgol hyn, gan roi cyfle i nofwyr ifanc wella dull penodol a magu hyder yn y dŵr. Wedi'u cynllunio ar gyfer nofwyr lefel Gwyrdd Sylfaen ac uwch, mae'r sesiynau 45 munud yn canolbwyntio ar un dull ar y tro – Dull Pili-pala, Dull Nofio Broga, Dull Nofio ar y Cefn, neu Ddull Nofio ar y Blaen. Gyda meintiau grwpiau bach a hyfforddiant

arbenigol, mae nofwyr yn derbyn cymorth pwrpasol i fireinio techneg, goresgyn heriau a mynd ymlaen yn eu taith nofio. Siaradwch ag athro eich plentyn i ddarganfod pa ddull y byddent yn elwa o fwy o gefnogaeth ynddo.

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Mae Better yn nod masnach cofrestredig ac yn enw masnachu GLL (Greenwich Leisure Limited), menter gymdeithasol elusennol a chymdeithas gofrestredig dan Ddeddf Cydweithfeydd a Budd Cymunedol a Chymdetihasau 2014 rhif cofrestru 27793R. Swyddfa gofrestredig: Middlegate House, The Royal Arsenal, Llundain, SE18 6SX. Rhif Elusen Cyllid Gwladol: XR43398.

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FAMILY MAKES A SPLASH WITH PAUL AT WESTERN

Mae wedi bod yn wych gweld y teulu Boye yn cofleidio eu taith nofio gyda'i gilydd. Gyda chefnogaeth ac arweiniad Paul, mae pob aelod yn symud ymlaen yn wych - Livvie yn y dosbarth Datblygu, mam, Sarpomaah, yn Swim Doctor Beginners, a dad, Brian, yn Swim Doctor Coaching.

Mae gweld teulu cyfan yn dysgu, gwella a magu hyder ochr yn ochr yn wirioneddol arbennig. Mae'n atgoffa`n gryf o sut y gall nofio ddod â phobl at ei gilydd a chreu adegau wedi`u rhannu i`w dathlu.

DISTANCE WEEK: A HUGE SUCCESS!

Roedd yr Wythnos Pellter yn llwyddiant anhygoel! Roedd nofwyr o bob oed yn gwthio eu hunain, yn cyflawni nodau personol ac yn dathlu pob carreg filltir ar hyd y ffordd. Roedd yn hyfryd gweld cynifer o blant hapus, yn gwenu wrth fwynhau'r dŵr ac yn cofleidio'r her. Da iawn i bawb a gymerodd ran, gwnaeth eich ymdrech a'ch brwdfrydedd yr wythnos yn arbennig!

UPCOMING EASTER ACTIVITIES

Partïon y Pasg – Hwyl a gemau i holl aelodau YNB
Wythnos ar Thema'r Pasg – Gwersi nofio ar thema arbennig yn llawn gwersi wedi'u hysbrydoli gan y Pasg
Cyrsiau Byr – Gwersi dwys wythnos o hyd i helpu nofwyr i wella eu sgiliau dros egwyliau'r Pasg a hanner tymor mis Mai
Clinigau Techneg Nofio – Sesiynau 45 munud wedi'u canolbwyntio ar Ddull Pili-pala, Dull Broga, Nofio ar y Cefn neu Nofio ar y Blaen wedi'u cynllunio i fireinio techneg a rhoi hwb i hyder yn ystod hanner tymor y Pasg a mis Mai.

Edrychwch ar better.org.uk/cardiff-better-swim-school am wybodaeth lawn

SWIMMING HATS AT BETTER SWIM SCHOOL

Mae Ysgol Nofio Better Caerdydd bellach wedi cyflwyno hetiau nofio ar gyfer gwersi. Mae hetiau yn helpu athrawon ac achubwyr bywyd i adnabod galluoedd nofwyr, cadw gwallt allan o'u llygaid i ganolbwyntio gwell a helpu nofwyr i deimlo'n rhan o dîm.
Mae aelodau newydd yn derbyn het am ddim yn eu lliw gwers, ac mae nofwyr yn cael un newydd pan fyddant yn symud ymlaen i'r lefel nesaf.
I gael eich un chi, siaradwch ag athro nofio eich plentyn.

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