

CARDIFF NEWSLETTER

JULY - SEPTEMBER 2026

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

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Local Fire Service Water Safety Talk at Fairwater Leisure Centre

Local fire crews and Better Swim Schools are working together to promote water safety in schools across Cardiff with the shared goal of delivering vital water safety messages to as many children as possible, helping them develop the knowledge and confidence to stay safe in and around water.

Water safety education has never been more important. Across the UK, an average of around 280 people lose their lives in accidental water-related incidents each year, with inland waterways such as rivers, lakes, and reservoirs accounting for many of these tragedies. Children and young people remain a key at-risk group, particularly around open water.

By working in partnership, we can educate children about the dangers of open water, including rivers, lakes, canals, and reservoirs, while delivering these important lessons in a way that is both engaging and memorable. Learning how to recognise risks, make safe choices, and know what to do in an emergency could one day save a life.

Striking the right balance between understanding the seriousness of the risks and making learning enjoyable will be key to the programme's success. Through fun, interactive sessions, children will gain practical knowledge that they can take with them wherever they go.

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Did you know?

- Around 8 in 10 accidental drowning victims are male.
- More than 60 % of accidental drownings occur in inland waters, such as rivers and lakes.
- Child drowning deaths in England have increased in recent years, highlighting the importance of early water safety education.

Be Smart. Be Safe. Be a Water Safety Hero!



Swim School Galas

Better Swim Schools across Cardiff have been making a splash through hosting Swim School Galas, giving our Development and Academy swimmers the opportunity to put their skills into action in a fun and supportive environment.

The galas have been a fantastic opportunity for swimmers to experience racing, represent their swim schools and celebrate how far they have progressed through their swimming lessons. From individual races to team relays, swimmers have been able to build their confidence, challenge themselves and, most importantly, enjoy taking part alongside their teammates.

Following the success of the individual centre galas, we're taking things one step further with our Cardiff Inter-Centre Swim School Gala on Sat 24th October!

Development and Academy swimmers from Better centres across Cardiff will come together to represent their centre and compete against the other Swim Schools in an exciting afternoon of racing. The event will give swimmers the chance to experience a larger competition while bringing our Swim School community together.

With plenty of races, relays and team spirit, we're looking forward to seeing which centre will come out on top!



Cardiff Lifesaving Club head to The Knap in Barry to practice what they've been learning in the pool

Members from across Cardiff came together for an exciting Open Water Event, putting their lifesaving skills into practice outside of the pool.

The event brought together Cardiff Lifesaving Club, alongside Rookie Lifeguards and National Lifesaving Academy members from Maindy Centre, Star Hub and Pentwyn Leisure Centre, for a fantastic opportunity to experience lifesaving in an open-water environment.

Throughout the event, participants were able to build their confidence in the sea, practise essential water safety and rescue skills, and learn more about the additional challenges that come with open water. It was also a great opportunity for members from different centres and programmes to meet, work together and share their enthusiasm for lifesaving.

Events like this are an important way of taking skills learned in the pool and applying them to real-life environments, helping young people develop confidence, teamwork, awareness and life-saving skills.

A brilliant experience for everyone involved and a great example of Cardiff's lifesaving community coming together!



Aled's Swimming Journey at Fairwater Leisure Centre

Aled has made amazing progress in his swimming and is now confidently swimming 25 metres. As a result of his excellent development and commitment, he will be moving on to the Whales Swim Club to continue progressing his skills and reach his full potential.

We are incredibly proud of Aled's achievement and look forward to seeing him continue to thrive in the next stage of his swimming journey.



Summer Theme Weeks in Cardiff

What better way to celebrate a fantastic summer than with a Summer Theme Week across our Better Swim Schools.

During the school summer holidays, each of our centres got involved in a fun-filled themed week, bringing something a little different to regular swimming lessons. Our swimmers had a brilliant time taking part in summer-themed games, activities and challenges, while continuing to build their confidence and skills in the water.

It was great to see so many smiles around the pool and give our swimmers the chance to have some extra fun with their teachers and friends.

A huge thank you to all of our swimmers and teachers for making it such fun, what a summer.



Level Water across Cardiff - Making Swimming Accessible

Across our Better leisure centres in Cardiff, we're proud to support the Level Water programme, helping make swimming lessons accessible to children with physical and learning disabilities.

Level Water is a charity that helps fund 1-to-1 swimming lessons, allowing children to receive individual support from a swimming teacher. Swimming is more than just a sport, it's an essential life skill and through dedicated 1-to-1 lessons, children can learn at their own pace, build confidence in the water and develop skills tailored to their individual needs.

Our teachers across Cardiff love being part of the programme and seeing the progress our 1-to-1 swimmers make each week. From gaining confidence in the water to reaching new swimming milestones, every achievement is something to celebrate!

We're incredibly supportive of Level Water and proud to play our part in helping more children access swimming lessons and develop a skill that can stay with them for life. **For more information visit levelwater.org.**



Summer Short Courses

Our Short Courses were a big part of the summer programme across our Swim Schools, giving swimmers some extra time in the pool to build confidence, develop their skills and keep progressing during the school holidays.

These photos are from STAR Hub's summer Short Courses, where we ran Foundation Short Courses, Foundation ALN Short Courses and Technique Clinics throughout the summer. It was great to see so many swimmers getting involved and making fantastic progress.

And they're back for October half term! Our next Short Courses are now available to book. Simply head into your local centre or book through the app to secure a space.



Croeso i drydydd rhifyn Ysgol Nofio Better Caerdydd lle rydyn ni'n 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.

Sgwrs Diogelwch Dŵr y Gwasanaeth Tân Lleol yng Nghanolfan Hamdden y Tyllgoed

Mae criwiau tân lleol ac Ysgolion Nofio Better yn cydweithio i hyrwyddo diogelwch dŵr mewn ysgolion ledled Caerdydd gyda'r nod cyffredin o gyflwyno negeseuon diogelwch dŵr hanfodol i gynifer o blant â phosibl, gan eu helpu i ddatblygu'r wybodaeth a'r hyder i gadw'n ddiogel yn y dŵr ac o'i amgylch.

Nid fu addysg diogelwch dŵr erioed yn bwysicach. Ledled y DU, mae tua 280 o bobl ar gyfartaledd yn colli eu bywydau mewn digwyddiadau damweiniol sy'n gysylltiedig â dŵr bob blwyddyn, gyda dyfrffyrdd mewndirol fel afonydd, llynnoedd, a chronfeydd dŵr yn cyfrif am lawer o'r trasiadau hyn. Mae plant a phobl ifanc yn parhau i fod yn grŵp allweddol mewn perygl, yn enwedig o amgylch dŵr agored.

Trwy weithio mewn partneriaeth, gallwn addysgu plant am beryglon dŵr agored, gan gynnwys afonydd, llynnoedd, camlesi a chronfeydd dŵr, a chyflwyno'r gwrsi pwysig hyn mewn ffordd sy'n ddiddorol ac yn gofiadwy. Gallai dysgu sut i adnabod risgiau, gwneud dewisiadau diogel, a gwybod beth i'w wneud mewn argyfwng achub bywyd rhywun un diwrnod.

Bydd taro'r cydbwysedd cywir rhwng deall difrifoldeb y risgiau a mwynhau wrth ddysgu yn allweddol i lwyddiant y rhaglen. Trwy sesiynau hwyliog,

rhyngweithiol, bydd plant yn ennill gwybodaeth ymarferol y gallant fynd â nhw ble bynnag maen nhw'n mynd.

Oeddech chi'n gwybod?

- Mae tua 8 o bob 10 o ddioddefwr boddi damweiniol yn ddynion.
- Mae dros 60 % o achosion o foddi damweiniol yn digwydd mewn dyfroedd mewndirol, megis afonydd a llynnoedd.
- Mae marwolaethau plant trwy foddi yn Lloegr wedi cynyddu yn ystod y blyneddau diwethaf, gan dynnu sylw at bwysigrwydd addysg diogelwch dŵr gynnar.

Byddwch yn Glyfar. Byddwch yn Ddiogel. Byddwch yn Arwr Diogelwch Dŵr!



Galas Ysgolion Nofio

Mae Ysgolion Nofio Better ledled Caerdydd wedi bod yn creu sblash drwy gynnal Galas Ysgolion Nofio, gan roi cyfle i'n nofwyr Datblygu ac Academi roi eu sgiliau ar waith mewn amgylchedd hwyliog a chefnogol.

Mae'r galas wedi bod yn gyfle gwych i nofwyr brofi rasio, cynrychioli eu hysgolion nofio a dathlu pa mor bell maen nhw wedi datblygu trwy eu gwersi nofio. O rasys unigol i rasys cyfnewid tîm, mae nofwyr wedi gallu magu eu hyder, herio eu hunain ac, yn bwysicaf oll, mwynhau cymryd rhan ochr yn ochr â'u cyd-chwaraewyr.

Yn dilyn llwyddiant galas y canolfannau unigol, rydym symud pethau gam ymhellach gyda'n Gala Ysgolion Nofio Rhyng-Ganolfan Caerdydd ddydd Sadwrn 24 Hydref!

Bydd nofwyr Datblygu ac Academi o ganolfannau Better ledled Caerdydd yn dod at ei gilydd i gynrychioli eu canolfan ac yn cystadlu yn erbyn yr Ysgolion Nofio eraill mewn prynhawn cyffrous o rasio. Bydd y digwyddiad yn rhoi cyfle i nofwyr brofi cystadleuaeth fwy wrth ddod â'n cymuned Ysgolion Nofio at ei gilydd.

Gyda digon o rasys, rasys cyfnewid ac ysbryd tîm, rydym yn edrych ymlaen at weld pa ganolfan fydd yn dod i'r brig!



Mae Clwb Achub Bywydau Caerdydd yn mynd i'r Cnap yn y Barri i ymarfer yr hyn maen nhw wedi bod yn ei ddysgu yn y pwll

Daeth aelodau o bob rhan o Gaerdydd at ei gilydd ar gyfer Digwyddiad Dŵr Agored cyffrous, gan roi eu sgiliau achub bywydau ar waith y tu allan i'r pwll.

Daeth y digwyddiad â Chlwb Achub Bywydau Caerdydd at ei gilydd, ynghyd ag Achubwyr Bywyd Rookie ac aelodau'r Academi Achub Bywydau Genedlaethol o Ganolfan Maendy, Hyb Star a Chanolfan Hamdden Pentwyn, am gyfle gwych i brofi achub bywydau mewn amgylchedd dŵr agored.

Trwy gydol y digwyddiad, roedd cyfranogwyr yn gallu magu eu hyder yn y môr, ymarfer diogelwch dŵr a sgiliau achub hanfodol, a dysgu mwy am yr heriau ychwanegol y mae dŵr agored yn eu cyflwyno. Roedd hefyd yn gyfle gwych i aelodau o wahanol ganolfannau a rhaglenni gwrdd, gweithio gyda'i gilydd a rhannu eu brwdfrydedd dros achub bywydau.

Mae digwyddiadau fel hyn yn ffordd bwysig o gymryd sgiliau a ddysgwyd yn y pwll a'u cymhwyso i amgylcheddau bywyd go iawn, gan helpu pobl ifanc i ddatblygu hyder, gwaith tîm, ymwybyddiaeth a sgiliau achub bywydau.

Profiad gwych i bawb dan sylw ac enghraifft wych o gymuned achub bywydau Caerdydd yn dod at ei gilydd!



Taith Nofio Aled yng Nghanolfan Hamdden y Tyllgoed

Mae Aled wedi gwneud cynnydd anhygoel yn ei nofio ac mae'n nofio 25 metr yn hyderus bellach. O ganlyniad i'w ddatblygiad a'i ymrwymiad rhagorol, bydd yn symud ymlaen i Glwb Nofio Morfilod i barhau i ddatblygu ei sgiliau a chyrraedd ei lawn botensial.

Rydym yn hynod falch o gyflawniad Aled ac yn edrych ymlaen at ei weld yn parhau i ffynnu yn y cam nesaf ar ei daith nofio.



Wythnosau Thema yr Haf yng Nghaerdydd

Pa ffordd well o ddathlu haf gwych na gydag Wythnos Thema yr Haf ar draws ein Hysgolion Nofio Better?

Yn ystod gwyliau'r haf ysgol, cymerodd pob un o'n canolfannau ran mewn wythnos thema llawn hwyl, gan ddod â rhywbeth ychydig yn wahanol i wersi nofio rheolaidd. Cafodd ein nofwyr amser gwych yn cymryd rhan mewn gemau, gweithgareddau a heriau ar thema'r haf, wrth barhau i fagu eu hyder a datblygu eu sgiliau yn y dŵr.

Roedd yn wych gweld pawb yn gwenu o amgylch y pwll a rhoi cyfle i'n nofwyr gael ychydig o hwyl ychwanegol gyda'u hathrawon a'u ffrindiau.

Diolch yn fawr iawn i'n holl nofwyr ac athrawon am ei wneud yn gymaint o hwyl, am haf!



Level Water ledled Caerdydd - Gwneud Nofio yn Hygyrch

Ar draws ein canolfannau hamdden Better yng Nghaerdydd, rydym yn falch o gefnogi'r rhaglen Level Water, gan helpu i wneud gwersi nofio yn hygyrch i blant ag anableddau corfforol ac anableddau dysgu.

Mae Level Water yn elusen sy'n helpu i ariannu gwersi nofio 1-i-1, gan ganiatáu i blant dderbyn cymorth unigol gan athro nofio. Mae nofio yn fwy na champ chwaraeon, mae'n sgil bywyd hanfodol a thrwy wersi 1-i-1 pwrpasol, gall plant ddysgu ar eu cyflymder eu hunain, magu hyder yn y dŵr a datblygu sgiliau wedi'u teilwra i'w hanghenion unigol.

Mae ein hathrawon ledled Caerdydd wrth eu bodd yn rhan o'r rhaglen ac yn gweld y cynnydd y mae ein nofwyr 1-i-1 yn ei wneud bob wythnos. O fagu hyder yn y dŵr i gyrraedd cerrig milltir nofio newydd, mae pob cyflawniad yn rhywbeth i'w ddatlu!

Rydym yn hynod gefnogol o Level Water ac yn falch o chwarae ein rhan mewn helpu mwy o blant i gael mynediad at wersi nofio a datblygu sgil a all aros gyda nhw am oes.

Am ragor o wybodaeth, ewch i levelwater.org.



Cyrsiau Byr yr Haf

Roedd ein Cyrsiau Byr yn rhan fawr o raglen yr haf ar draws ein Hysgolion Nofio, gan roi ychydig o amser ychwanegol i nofwyr yn y pwll i fagu hyder, datblygu eu sgiliau a pharhau i wneud cynnydd yn ystod gwyliau'r ysgol!

Daw'r lluniau hyn o Gyrsiau Byr yr haf Hyb STAR, lle gwnaethom gynnal Cyrsiau Byr Sylfaen, Cyrsiau Byr ADY Sylfaen a Chlinigau Techneg trwy gydol yr haf. Roedd yn wych gweld cynifer o nofwyr yn cymryd rhan ac yn gwneud cynnydd gwych!

Ac maen nhw'n dychwelyd ar gyfer hanner tymor mis Hydref! Mae ein Cyrsiau Byr nesaf ar gael i'w harchebu bellach. Ewch i'ch canolfan leol neu cadwch le drwy'r ap i'w sicrhau.

