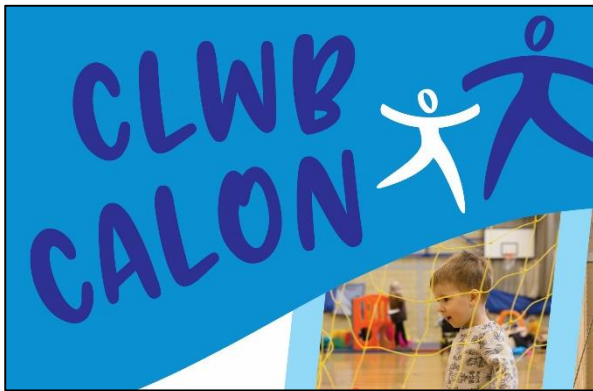




CALON TYSUL, HEOL LLYN Y FRÂN, LLANDYSUL, SA44 4HP - 01559 362548
post@calontysul.cymru www.calontysul.cymru

CALON LÂN - CALON IACH - CALON TYSUL

RHAGLEN CALON TYSUL CALON TYSUL PROGRAMME 1.9.18 +



CLWB CALON

Rhaglen Gweithgareddau Plant
2 – 12 oed Newydd – tymor newydd yn dechrau
17/9/18

www.calontysul.cymru/clwb-calon

Children's Activities Programme
2 – 12 year olds – new term starts 17/9/18

TONNAU TYSUL

Rhaglen dysgu nofio i blant. Gwersi 'Splash' ar gael ar gyfer plant 2-3 oed a gwersi 'Tonnau' ar gyfer plant hyn.

Learn to Swim programme for children. 'Splash' lessons for children aged 2-3 and 'Waves' lessons for older children.

nofio@calontysul.cymru



YSTAFELL FFITRWYDD - FITNESS ROOM

PRISIAU		PRICES
Oedolion	£4.50	Adult
Consesiwn	£3.30	Concession
12 - 17 oed**	£3.00	12 - 17 years**

	LLUN MON	MAW TUE	MER* WED*	IAU THU	GWE FRI	SAD SAT	SUL SUN
AGOR OPEN	09:00	09:00	06:30	09:00	09:00	09:00	09:00
CAU CLOSE	21:00	21:00	21:00	21:00	21:00	12:00	12:00

*Ddim ar gael rhwng 10 – 11yb ar ddydd Mercher
* Not available between 10 – 11am on Wednesdays

**Rhaid i ddefnyddwyr 12-13 oed cael eu hebrwng gan oedolyn cyfrifol
**Users aged 12-13 must be accompanied by a responsible adult

N – H = NEUADD | HALL
 YW – AR = YSTAFELL WEITHGAREDD | ACTIVITY ROOM
 Yff – FR = YSTAFELL FFITRWYDD | FITNESS ROOM

DYDD LLUN–MONDAY

9 – 11.15am	N - H	CALONNAU BACH	Rhiant a phlentyn Parent & Toddler	£1.50	
10 – 11am	YW - AR	IOGA	YOGA	£5/£4	Joan*
4 – 5.15pm	N – H	CHWARAE'N RHYDD (0 – 5 OED)	SOFT-PLAY (0 – 5YRS)	£1	
6 – 7pm	YW - AR	SBIN	SPIN	£5	John*
7 – 8pm	YW - AR	SBIN	SPIN	£5	John*
6.45 – 7.30pm	N - H	SIAPIO'R CORFF	BODY SCULPTING	£5/£4	Joan*
7.30 – 8.15pm	N - H	DAWNSIO ECLECTIG	ECLECTIC DANCE	£5/£4	Joan*

DYDD MAWRTH–TUESDAY

9.15 – 10.15am	YW - AR	MWNCIS MENTRUS	MOVIN' MONKEEZ	£5/2.50	Elin
1 – 3pm	N – H	BOWLIO MAT BYR	SHORT MAT BOWLS	£3	
4 – 6pm	N – H	CHWARAE'N RHYDD (0 – 5 OED)	SOFT-PLAY (0 – 5YRS)	£1	
6 – 7pm	N – H	BOCSYMARFER	BOXERCISE	£6/5	Leanne
7 – 8pm	YW - AR	IOGA	YOGA	£6/5	Leanne*

DYDD MERCHER–WEDNESDAY

10 – 11am	Yff – FR	CYNLLUN ATGYFEIRIO CLEIFION	GP REFERRAL SCHEME	£2	Carys
4 – 6pm	N – H	CHWARAE'N RHYDD (0 – 5 OED)	SOFT-PLAY (0 – 5YRS)	£1	
7 – 9pm	N – H	BOWLIO MAT BYR	SHORT MAT BOWLS	£3	

DYDD IAU–THURSDAY

10 – 11am	N - H	YMARFERION GYDA CHADAIR	CHAIR ASSISTED FITNESS	£5/£4	Joan*
4 – 6pm	N – H	CHWARAE'N RHYDD (0 – 5 OED)	SOFT-PLAY (0 – 5YRS)	£1	
6.30 – 7.15pm	N - H	KETTLE BELL	KETTLE BELL	£5/£4	Joan*
7.30 – 8.30pm	YW – AR	IOGA	YOGA	£5/£4	Joan*
7.30 – 8.30pm	N – H	PÊL-DROED 5 BOB OCHR	FOOTBALL 5-A-SIDE	£3.00	

DYDD GWENER–FRIDAY

9.15 – 9.45am	YW – AR	SBIN	SPIN	£4.50/ £3.50	Leanne*
10 – 11am	N – H	YMARFERION CYLCHOL HAWDD	LOW INTENSITY CIRCUITS	£2.50	Leanne*
4 – 6pm	N – H	CHWARAE'N RHYDD (0 – 5 OED)	SOFT-PLAY (0 – 5YRS)	£1	
6 – 7pm	YW – AR	SBIN	SPIN	£5	John*

*Rhaid archebu lle ar gyfer dosbarthiadau loga a Sbin | Places need to be booked in advance for Yoga & Spin classes
 Joan (J's Workout) – 01559 362690 Leanne (BirdSol Fitness) 07876-754645
 John Mill Fitness – 01559 362400 | 07967-612978 Elin (Mwncis Mentrus) 07976-717932

D.S. – rydym yn cadw'r hawl i newid yr amserlen hon ar fyr rybudd, ond byddem wneud ein gorau glas i rybuddio ein cwsmeriaid ynghylch â newidiadau.
 N.B. – we reserve the right to make changes to this timetable at short notice, but will do our utmost to inform customers of any changes.

PRISIAU'R PWLL		POOL PRICES
Gwersi Nofio i Blant (Misol) Gostyngiadau ar gyfer brodyr a chwiorydd	£22 <i>Direct Debit</i>	Children's Swimming Lessons (Monthly) Reductions for siblings
Oedolion	£4.50	Adult
Consesiwn	£3.30	Concession
Plant	£3	Children
Plant 3 oed a llai	£0	Children 3 & Under
Tocyn Teulu	£11	Family Pass
Aerobeg	£4.50	Aqua Aerobics
Nofio Rhiant a Phlentyn Bach	£1.50	Parent & Toddler
Llogi'r Pwll yr awr (Parhaol)	£49 (£45)	Pool Hire per hr. (Regular Booking)
Parti Tegan Aer / Hwyl	£93 / 71	Inflatable / Fun Party

TONNAU TYSUL

Rhaglen Dysgu Nofio - Learn to Swim Programme

£22 y mis
(Debyd Uniongyrchol)

- Cynhelir gwersi nofio am 48 wythnos y flwyddyn
- Mae'r gwersi yn dilyn Fframwaith Nofio Cymru Dysgu Nofio Ton 1 - 8 ar gyfer plant 4 oed neu hyn
- **Rhaglen Sblash newydd sbon ar gyfer plant 2 oed neu hyn**
- Dilyn cynnydd ar-lein - Pasbort Aqua
- Tystysgrifau a bathodynau am ddim
- Aelodaeth am ddim
- Gwersi ar gael ar adegau wahanol - Dydd Llun i Ddydd Sadwrn

Cofrestrwch dros y ffôn
01559 362548, e-bostiwrch
nofio@calontysul.cymru neu galwch mewn
i'n gweld!

£22 per month
(Direct Debit)

- Lessons take place for 48 weeks of the year
- The lessons follow Swim Wales' Learn to Swim Framework Waves 1 - 8 for children aged 4 and above
- **Brand new Splash programme for children aged 2 and above**
- Follow progress online - Aqua Passport
- Certificates and badges are free
- Free membership
- Lessons available at various times - Monday to Saturday

Register over the phone
01559 362548, email
nofio@calontysul.cymru or pop in to see us!

DYDD LLUN—MONDAY

3 - 4pm	Aerobeg Dŵr	J's Aqua Aerobics
4 - 6pm	Gwersi Nofio i Blant – Sblash / Tonau	Children's Swimming Lessons – Splash/Waves
6 - 7pm	Nofio Cyhoeddus (AM DDIM 60+)	Public Swimming (FREE 60+)
7 - 8pm	Llandysul Paddlers	Llandysul Paddlers

DYDD MAWRTH—TUESDAY

4 - 5pm	Clwb Nofio Llandysul	Llandysul Swimming Club
5 - 6pm	Gwersi Nofio i Blant – Sblash / Tonau	Children's Swimming Lessons – Splash/Waves
6 - 7pm	Nofio Cyhoeddus (AM DDIM 60+)	Public Swimming (FREE 60+)
7 - 8pm	Nofio i Fenywod yn Unig	Ladies Only Swimming

DYDD MERCHER—WEDNESDAY

6.30 - 8am	Nofio Cyhoeddus		Public Swimming	
4 - 5pm	Nofio Hwyl i'r Teulu	Nofio Cyhoeddus (AM DDIM 60+) (2 Lôn)	Family Fun Swim	Public Swimming (FREE 60+) (2 Lanes)
5 - 7pm	Gwersi Nofio i Blant - Tonau		Children's Swimming Lessons - Waves	
7 - 8pm	Sesiwn Preifat		Private Session	
8 - 9pm	Nofio Cyhoeddus (AM DDIM 60+)		Public Swimming (FREE 60+)	

DYDD IAU—THURSDAY

10 - 11am	Dosbarth Sblash	Nofio Cyhoeddus (2 Lôn)	Splash Class	Public Swimming (2 Lanes)
11 - 12pm	Aerobeg Dŵr		J's Aqua Aerobics	
12 - 1pm	Nofio Cyhoeddus (AM DDIM 60+)		Public Swimming (FREE 60+)	
4 - 6pm	Gwersi Nofio i Blant - Tonau		Children's Swimming Lessons - Waves	
6 - 7pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus	Adult Lane Swimming (2 Lanes)	Public Swimming
7 - 8pm	Clwb Nofio Llandysul		Llandysul Swimming Club	

DYDD GWENER—FRIDAY

11am - 12pm	Rhaglen Nofio i Oedolion		Adult Swimming Programme	
12 - 1pm	Nofio Rhiant a Phlentyn Bach	Nofio Cyhoeddus (AM DDIM 60+) (2 Lôn)	Parent & Toddler Swim	Public Swimming (FREE 60+) (2 Lanes)
4 - 6pm	Gwersi Nofio i Blant - Tonau		Children's Swimming Lessons - Waves	
6 - 7pm	Nofio Cyhoeddus		Public Swimming	
7 - 8pm	Sesiwn Preifat		Private Session	

DYDD SADWRN—SATURDAY

9 - 10am	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus (AM DDIM 60+)	Adult Lane Swimming (2 Lanes)	Public Swimming (FREE 60+)
10am - 12pm	Gwersi Nofio i Blant - Tonau		Children's Swimming Lessons - Waves	
12:15 - 1.15pm	Ar gael - Partion Plant		Available - Children's Parties	

DYDD SUL—SUNDAY

9 - 10am	Nofio Oedolion a Nofio mewn Lônnydd (2 Lôn)		Adult Swimming & Lane Swimming (2 Lanes)	
10 - 12pm	Nofio Hwyl i'r Teulu		Family Fun Swim	
12.15 - 1.15pm	Ar gael - Partion Plant		Available - Children's Parties	

D.S. – rydym yn cadw'r hawl i newid yr amserlen hon ar fyr rybudd, ond byddem wneud ein gorau glas i rybuddio ein cwsmeriaid ynghylch â newidiadau.

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