



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

CALON LÂN - CALON IACH - CALON TYSUL

RHAGLEN ACTIF CALON TYSUL GWYLIAU HAF
SUMMER HOLIDAYS CALON TYSUL ACTIVE PROGRAMME
23.7.18 – 2.9.18

TONNAU TYSUL

CWRS CARLAM DYSGU NOFIO – LEARN TO SWIM CRASH COURSE

Ton 1-2 a Ton 3-4 | Waves 1-2 and Waves 3-4

Awst 6, 7, 8, 9, 10 August 2018

3.30pm – 4.00pm, £25, llefydd yn brin | limited spaces available

Archebwch le | Book a place – nofio@calontysul.cymru

DS – Fe fydd gwersi Tonnau a Sblash yn parhau fel arfer yn ystod y gwyliau

NB - Both Wave and Splash lessons continue as normal during the holidays



YSTAFELL FFITRWYDD - FITNESS ROOM

PRISIAU		PRICES
Oedolion	£4	Adult
Consesiwn	£3	Concession
12 - 17 oed*	£2.50	12 - 17 years*

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

*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	
6.45 – 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

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	

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	£3.50	

DYDD GWENER–FRIDAY

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	

*Rhaid archebu lle ar gyfer dosbarthiadau loga | Places need to be booked in advance for Yoga classes
 Ni chynhelir dosbarthiadau Joan rhwng 7 – 14 Awst 2018. Joan’s classes will not run from 7th – 14th August 2018 Joan
 (J’s Workout) – 01559 362690

PRISIAU’R LLOGI (AWR)	£	HIRE PRICES (HOUR)
Cwrt Badminton	£7	Badminton Court
Bowlio Mat Byr	£7	Short Mat Bowls
Tennis Bwrdd	£7	Table Tennis
Ystafell Weithgaredd	£12	Activity Room
Neuadd Llawn	£41	Full Hall
Hanner Neuadd	£23	Half Hall

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)	£20 <i>Direct Debit</i>	Children's Swimming Lessons (Monthly)
Oedolion	£4	Adult
Consesiwn	£3	Concession
Plant	£2.50	Children
Plant 3 oed a llai	£0	Children 3 & Under
Tocyn Teulu	£10	Family Pass
Aerobeg	£4.50	Aqua Aerobics
Nofio Rhiant a Phlentyn Bach	£1.50	Parent & Toddler
Llogi'r Pwll yr awr (Parhaol)	£45 (£40)	Pool Hire per hr. (Regular Booking)
Parti Hwyl	£65	Fun Party

TONNAU TYSUL

Rhaglen Dysgu Nofio - Learn to Swim Programme

<p>£20 y mis (Debyd Uniongyrchol)</p> <ul style="list-style-type: none"> • 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 <p>Cofrestrwch dros y ffôn 01559 362548, e-bostiwrch nofio@calontysul.cymru neu galwch mewn i'n gweld!</p>	<p>£20 per month (Direct Debit)</p> <ul style="list-style-type: none"> • 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 <p>Register over the phone 01559 362548, email nofio@calontysul.cymru or pop in to see us!</p>
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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	Public Swimming
7 - 8pm	Llandysul Paddlers	Llandysul Paddlers

DYDD MAWRTH—TUESDAY

4 - 5pm	Nofio Cyhoeddus (AM DDIM I BLANT)	Public Swimming (FREE FOR KIDS)
5 - 6pm	Gwersi Nofio i Blant – Sblash / Tonau	Children's Swimming Lessons – Splash/Waves
6 - 7pm	Nofio Cyhoeddus	Public Swimming
7 - 8pm	Nofio i Fenywod yn Unig	Ladies Only Swimming

DYDD MERCHER—WEDNESDAY

6.30 - 8am	Nofio Cyhoeddus	Public Swimming
4 - 5pm	Nofio Cyhoeddus (AM DDIM I BLANT)	Public Swimming (FREE FOR KIDS)
5 - 7pm	Gwersi Nofio i Blant - Tonau	Children's Swimming Lessons - Waves
7 - 8pm	Sesiwn Preifat	Private Session
8 - 9pm	Nofio Cyhoeddus	Public Swimming

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 I BLANT)		Public Swimming (FREE FOR KIDS)	
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

DYDD GWENER—FRIDAY

11am - 12pm	Rhaglen Nofio i Oedolion		Adult Swimming Programme	
12 - 1pm	Nofio Rhiant a Phlentyn Bach	Nofio Cyhoeddus (AM DDIM I BLANT)	Parent & Toddler Swim	Public Swimming (FREE FOR KIDS)
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	Adult Lane Swimming (2 Lanes)	Public Swimming
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)	
10am - 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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