



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

**CALON IACH – CALON LÂN – CALON TYSUL**

**NEWYDD!  
NEW!**



### 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

### AELODAETH CALON TYSUL MEMBERSHIPS

TEULU YSTAFELL FFITRWYDD A NOFIO	£40	FAMILY FITNESS ROOM & SWIM
TEULU YSTAFELL FFITRWYDD YN UNIG	£30	FAMILY FITNESS ROOM ONLY
TEULU NOFIO YN UNIG	£30	FAMILY SWIM ONLY
OEDOLYN YSTAFELL FFITRWYDD A NOFIO	£30	ADULT FITNESS ROOM & SWIM
OEDOLYN YSTAFELL FFITRWYDD YN UNIG	£20	ADULT FITNESS ROOM ONLY
OEDOLYN NOFIO YN UNIG	£20	ADULT SWIM ONLY
IAU / CONSESIWN YSTAFELL FFITRWYDD A NOFIO	£20	JUNIOR / CONCESSION FITNESS ROOM & SWIM
IAU / CONSESIWN YSTAFELL FFITRWYDD YN UNIG	£10	JUNIOR / CONCESSION FITNESS ROOM ONLY
IAU / CONSESIWN NOFIO YN UNIG	£10	JUNIOR / CONCESSION SWIM ONLY

Er mwyn manteisio ar aelodaeth Calon Tysul, mae'n rhaid talu trwy Debyd Uniongyrchol pob mis. Gofynnwch am ragor o fanylion. Mae'r ffi gosod ar gyfer pob math o aelodaeth am £10 y person.

In order to take advantage of Calon Tysul membership, users need to pay via a monthly Direct Debit payment. Please ask for further details. There is a set up fee of £10 per person for all membership types.



# RHAGLEN ACTIF CALON TYSUL

## CALON TYSUL ACTIVE PROGRAMME (4.6.18 +)

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	
10 – 11am	YW - AR	IOGA	YOGA	Joan
6 – 7pm	YW - AR	SBIN	SPIN	John
7 – 8pm	YW - AR	SBIN	SPIN	John
6.45 – 7.30pm	N - H	SIAPIO'R CORFF	BODY SCULPTING	Joan
7.30 – 8.15pm	N - H	DAWNSIO ECLECTIG	ECLECTIC DANCE	Joan

### DYDD MAWRTH—TUESDAY

9.15 – 10.15am	YW - AR	MWNCIS MENTRUS	MOVIN' MONKEEZ	Elin
1 – 3pm	N - H	BOWLIO MAT BYR	SHORT MAT BOWLS	
7 – 8pm	YW - AR	IOGA	YOGA	Leanne

### DYDD MERCHER—WEDNESDAY

10 – 11am	Yff - FR	CYNLLUN ATGYFEIRIO CLEIFION	GP REFERRAL SCHEME	Carys
6 – 7pm	N - H	BOCSYMARFER	BOXERCISE	Leanne
7 – 9pm	N - H	CIC FOCSIO	KICK-BOXING	Dan

### DYDD IAU—THURSDAY

10 – 11am	N - H	YMARFERION GYDA CHADAIR	CHAIR ASSISTED FITNESS	Joan
6.30 – 7.15pm	N - H	KETTLECISE	KETTLECISE	Joan
7.30 – 8.30pm	YW - AR	IOGA	IOGA	Joan

### DYDD GWENER—FRIDAY

9.15 – 9.45am	YW - AR	SBIN	SPIN	Leanne
10 – 11am	N - H	YMARFERION CYLCHOL HAWDD	LOW INTENSITY CIRCUITS	Leanne
6 – 7pm	YW - AR	SBIN	SPIN	John
7 – 8pm	YW - AR	SBIN	SPIN	John
7 – 8.30pm	N - H	CIC FOCSIO DULL RHYDD	FREESTYLE KICK-BOXING	Jem

Rhaid archebu lle ar gyfer dosbarthiadau Sbin ac Ioga  
Places need to be booked in advance for Spin and Yoga classes

Joan (J's Workout) – 01559 362690

John (JM Complete Fitness) – 01559 362400 / 07976 612978

Leanne (BirdSol Fitness) – 07876 754645

David (Hydrospin Dragon Aqua Cycling) – 07792 351607

Dan (ZDL Kickboxing) - 07540 724978

Jem (Black Wolf Kickboxing) - 07813 217266 / 01239 851235

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.*



# RHAGLEN PWLL CALON TYSUL CALON TYSUL POOL PROGRAMME (4.6.18 +)

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 Tegan Aer (gyda stafell parti)	£75 (£85)	Inflatable Party (with party room)

## Rhaglen Dysgu Nofio Learn to Swim Programme

### £20 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 gael ar gyfer plant 4 oed neu hyn (gwersi preifat ar gael ar gyfer plant iau)
- Dilyn cynnydd ar-lein
- Tystysgrifau a bathodynau am ddim
- Aelodaeth am ddim
- Gwersi ar gael rhwng 4 a 6 Dydd Llun i Ddydd Gwener a 10yb – 12yp ar ddydd Sadwrn

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

### £20 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
- Available for children aged 4 and above (private lessons also available for younger children)
- Follow progress online
- Certificates and badges are free
- Free membership
- Lessons available between 4 - 6pm, Monday to Friday and 10am - 12pm on Saturday

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



# RHAGLEN PWLL CALON TYSUL

## CALON TYSUL POOL PROGRAMME (4.6.18 +)

### DYDD LLUN—MONDAY

3 - 4pm	Aerobeg Dŵr	J's Aqua Aerobics
4 - 6pm	Gwersi Nofio i Blant	Children's Swimming Lessons
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	Children's Swimming Lessons
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 Hamddenol a Nofio mewn Lônnydd (2 Lôn)		Recreational and Lane Swimming (2 Lanes)	
4 - 5pm	Nofio Hwyl i'r Teulu	Nofio Cyhoeddus (AM DDIM 60+) (2 Lôn)	Family Fun Swim	Public Swimming (FREE 60+) (2 Lanes)
5 - 6.30pm	Gwersi Nofio i Blant		Children's Swimming Lessons	
6.30 - 7pm	Sbin Dŵr Hydrospin Dragon	Nofio Cyhoeddus (AM DDIM 60+) (2 Lôn)	Hydrospin Dragon Aquacycling	Public Swimming (FREE 60+) (2 Lanes)
7 - 8pm	Sesiwn Preifat		Private Session	
8 - 9pm	Nofio Cyhoeddus (AM DDIM 60+)		Public Swimming (FREE 60+)	

### DYDD IAU—THURSDAY

10 - 11am	Nofio Rhiant a Phlentyn Bach	Nofio Cyhoeddus (AM DDIM 60+) (2 Lôn)	Parent & Toddler Swim	Public Swimming (FREE 60+) (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		Children's Swimming Lessons	
6 - 7pm	Nofio mewn Lônnydd i Oedolion (2 Lôn)	Nofio Cyhoeddus (AM DDIM 60+)	Adult Lane Swimming (2 Lanes)	Public Swimming (FREE 60+)
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		Children's Swimming Lessons	
6 - 7pm	Nofio Cyhoeddus (AM DDIM 60+)		Public Swimming (FREE 60+)	
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		Children's Swimming Lessons	
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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