AN OPPORTUNITY
FOR YOU TO ENJOY THE
FACILITIES AT THE
WELSH INSTITUTE OF SPORT

Winners

the choice of champions

sports council wales
cyngor chwaraeon cymru

Welsh Institute of Sport
Athrofa Chwaraeon Cymru

Noddir gan
Lywodraeth Cynulliad Cymru
Sponsored by
Welsh Assembly Government

Welsh Institute of Sport,
Sophia Gardens, Cardiff CF11 9SW. Telephone: 0845 045 0902
e-mail: wis@scw.org.uk www.welsh-institute-sport.co.uk

Member Benefits

Access to the facilities of one of the Country's largest and most well equipped sports centres.

One week advance booking facility.

Reduced fee on all Institute run courses.

Residential accommodation at reduced rates for family and guests.

Reduced rates for special categories.

City centre location.

Information for new members

The Welsh Institute of Sport is owned and managed by the Sports Council for Wales. Members are able to enjoy the same standards of facilities provided for our elite athletes.

RECEPTION OPENING HOURS

8.00am - 9.30pm Monday - Friday
8.15am - 9.30pm Saturday
8.15am - 9.00pm Sunday

The student and unwaged rate for use of the facilities applies only to the period 8.00am - 4.30pm Monday to Friday, Saturday-Sunday all day.

Half of weight training room 2 will be unavailable at the following times:

MONDAY
6.30pm - 7.30pm Ladies Fitness Course

WEDNESDAY
7pm - 8pm Ladies Fitness Course

Availability of facilities can be obtained from Customer Services seven days in advance. It is advisable to check availability on a regular basis.

GYM INDUCTION SESSIONS

WEDNESDAY & FRIDAY
6pm - 7pm

SUNDAY
10am - 11am

Membership Fees

Adults:		£41.20
Juniors	Under 18:	£23.70
Family	2 Adult partners + 1 Child or 1 Adult + 2 Children*:	£83.40
Extra Children	5 - 17 years:	£16.00
Senior Citizens: (In receipt of a state pension)		£23.70
Students	Full Time:	£23.70
Concession**:		£23.70

* No Joining fee necessary for children under 5 years if parents are members.
** Unwaged - unemployed and/or receiving a supplementary benefit.

- Charges are inclusive of VAT@17.5%
- Effective from 1st April 2008
- Corporate membership scheme will receive a 25% discount on the adult fee for each member. Ask at reception for further details.

Customers are advised to view the facilities on offer before joining.

Age Restrictions

Weight training:	14-15 years accompanied by a (16+) Member. No under 14's.
Aerobic Sessions:	14-15 years accompanied by an Adult. No under 14's.
Please note:	All bookings are of 55 minutes duration, except squash which is 40 minutes.

Advance Booking Facility

Member	7 days	e.g Ring Friday for following Friday
Non-Member	48 hours	e.g Ring Friday for Sunday

Conditions for Winners Members

The Sports Council for Wales owns and manages the Welsh Institute of Sport (the "Institute"). The Institute strives to maintain a full programme and use of facilities at all advertised times. However, due to other bookings or circumstances beyond our control this may not always be possible. If facilities are known to be unavailable then these will be advertised in advance.

1. The decision to accept the application of a new member shall be at the sole discretion of the Institute. The Institute reserves the right to verify or require proof of all information given in order to obtain membership. The acceptance by the Institute of an application for membership shall constitute a legally binding agreement between the member and the Institute. The member hereby agrees to be bound by the laws and regulations of the Institute and by these Conditions.
2. Subject to condition 1, full membership is valid for one (1) year (temporary membership one (1) month) from the date of signing of this agreement, and is the property of the Institute.
3. A valid membership card must be produced at reception on each and every visit before using any facility and/or service. The Institute retains the right to refuse entry or request an entry fee if a valid membership card is not shown. Membership of the Institute and membership cards are non-transferrable and may only be used by the registered member. Lost or damaged membership cards will be subject to a replacemement charge.
4. All members wishing to use the cardiovascular (CV) or free weights rooms will be required to complete a weights induction course and a health questionnaire before using these areas.

Limitations of Liability

5. The Institute does not seek to limit liability for death and/or personal injury arising from negligent conduct of the Institute or its employees.
6. The member acknowledges that they are responsible for the use of the facilities at the Institute. The safekeeping of all personal items is the sole responsibility of the owner/keeper. The Institute will not be liable for any direct or indirect or consequential loss including, without limitation, loss of revenue, loss of profits, loss of business, contracts or goodwill arising under contract, tort (including negligence) or otherwise.
7. Subject to conditions 5 and 6, the member agrees that the Institute's total liability arising out of this agreement and the member's use of the facilities, in the event that any limitation or provision in these conditions are held to be invalid, shall be limited to one hundred pounds (£100.00)

Cancellation

8. Members will be required to pay in full for any cancelled facilities which are not resold or for any failure to attend and use a pre-booked facility.

Membership Rules

9. Dogs, except for assistance dogs, will not be admitted.
10. No food is to be consumed in any of the activity areas. Drinks may only be consumed from plastic sealable drinking bottles in activity areas and glass bottles or cans shall not be taken into any activity area.
11. Appropriate fitness clothing must be worn at all times. Soiled clothes/footwear will not be permitted. Appropriate footwear must be worn at all times. Black-soled shoes (or marking shoes) must not be worn in any sports hall, squash court or activity area.
12. Kit bags must not be taken into the weight training room. Lockers are provided in all changing rooms and customers are advised to use them at all times. The Institute will not accept responsibility for any personal property left in changing rooms or in lockers. The Institute advises members not to bring items of significant value to the premises.
13. The Institute provides free car parking to members when using the Institute (subject to availability). Where the member parks their car on the Institute's premises, it is at the member's sole risk. The Institute does not accept liability for any loss or damage to the member's car unless the loss or damage is caused by an act or omission of the Institute.
14. No alcohol, other than that purchased at the facility, is permitted to be consumed on the premises. Anyone considered to be under the influence of illegal drugs or alcohol shall be omitted from the facility.
15. The Institute reserves the right to restrict admission and/or evict members who do not comply with these conditions or misconduct themselves or cause danger or annoyance to others. In such circumstances the Institute may cancel membership without refund.
16. At the end of any membership period, members will be given up to 14 days to renew their membership. After 14 days, membership will have lapsed, and any initial joining fee may become payable.
17. Full adult members who undergo a change of circumstances (e.g. becoming unemployed or a Senior Citizen) may be entitled to reduced rates when using the facilities on evidence of such change. Such entitlement shall not arise until subsequent renewal of membership.
18. The Institute reserves the right to withdraw the use of any facility at it's sole discretion. Any deposit will be refunded, but the Institute accepts no liability for any other expenditure incurred or loss sustained as a result of withdrawal.
19. Cancellation or refund of any membership fee is strictly at the discretion of the Institute.
20. The facilities will not be available during the Christmas period and public holidays except in exceptional circumstances. Please enquire at reception and check notice boards for further information.
21. The Institute reserves the right to waive all or any of these conditions.

Application Form

Please print in block letters.

Title Mr/Mrs/Ms Surname..

Forename(s)..

Address ....

....Postcode..............................DOB..........................

Tel. No. Home...Business..

1. Fee enclosed Cheque/Visa/MasterCard/Cash (Please do not send cash through the post).

£ ....for ....Membership

Visa/MasterCard No...

Expiry Date ....

2. Proof of status is required as follows:
   Senior Citizens - Pension Book or Bus Pass
   Student - Student Union Card
   Unemployed or in receipt of a supplementary benefit - Proof will be required.
3. Subsequent cancellation or refund of membership fee is strictly at the discretion of Institute Manager.
4. To assist with monitoring our equal opportunities policies please choose one of the following options;

Ethnicity

White British (including Welsh/Scottish/English/Irish) ☐
White other ☐
Ethnic Community ☐

Do you consider yourself to have a disability Yes/No

I have read the conditions of this scheme and agree to conform with them.

Signature..Date ....

Read and approved by Parent or Guardian (if under 18)

Signature..Date ....

FAMILY MEMBERSHIP

Children: Please indicate date of birth

Name ....DOB ....

Name ....DOB ....

Name ....DOB ....

All parts of the information provided on this form may be used for the purpose of membership administration and will be treated in accordance with the Data protection act 1998.

for official use only

Date received ....Cheque number/Cash ....

Date issued ....Membership No(s) ....

Entered on system: Date ....Initials ....

CYFLE I FWYNHAU
CYFLEUSTERAU ATHROFA
CHWARAEON CYMRU

Enillwyr

y dewis gan bencampwyr

sports council wales
cyngor chwaraeon cymru

Welsh Institute of Sport
Athrofa Chwaraeon Cymru

Noddir gan
Lywodraeth Cynulliad Cymru
Sponsored by
Welsh Assembly Government

Athrofa Chwaraeon Cymru,
Gerddi Sophia, Caerdydd CF11 9SW. Ffôn: 0845 045 0902
e-bost: wis@scw.co.uk   www.athrofa-chwaraeon-cymru.co.uk

Manteision i Aelodau

Mynediad i gyfleusterau un o ganolfannau chwaraeon mwyaf a gorau'r wlad.

Cyfleuster archebu wythnos ymlaen llaw.

Prisiau is am yr holl gyrsiau a gynhelir gan yr Athrofa.

Llety preswyl am bris is i deuluoedd a gwahoddedigion.

Prisiau is i gategorïau arbennig.

Lleoliad yng nghanol y ddinas.

Gwybodaeth i aelodau newydd

Cyngor Chwaraeon Cymru sydd berchen ar, ac yn rheoli Athrofa Chwaraeon Cymru. Mae aelodau yn mwynhau yr un safon o gyfleusterau a ddarparir ar gyfer yr athletwyr élite.

ORIAU AGORED Y DDERBYNFA

8.00yb - 9.30yh   Dydd Llun - Dydd Gwener
8.15yb - 9.30yh   Dydd Sadwrn
8.15yb - 9.00pm   Dydd Sul

Rhwng 8.00yb - 4.30yh o ddydd Llun i ddydd Gwener, a dydd Sadwrn a dydd Sul mae'r prisiau is yn berthnasol.

Ni fydd hanner ystafell hyfforddi phwysau 2 ar gael ar yr amseroedd a ganlyn:

LLUN
6.30yh - 7.30yh   Cwrs Ffitrwydd Merched

MERCHER
7yh - 8yh   Cwrs Ffitrwydd Merched

Gellir cael gwybod am argaeledd y cyfleusterau o Wasanaethau'r Cwsmer saith niwrnod ymlaen llaw. Dylid gwirio argaeledd yn rheolaidd.

SESIYNAU CYFLWYNO'R GAMPFA

Mae sesiynau cyflwyno ar gael ar yr amseroedd canlynol

MERCHER A GWENER - 6.00pm - 7.00pm

SUL - 10.00am - 11.00am

Ffioedd ymaelodi

Oedolion:		£41.20
Plant	D 18:	£23.70
Teulu	Dau oedolyn sy'n bartneriaid ac 1 plentyn neu 1 oedolyn a 2 blentyn*:	£83.40
Plant Ychwanegol	5 - 17 oed:	£16.00
Pensiynwyr: (Yn derbyn pensiwn y wladwriaeth)		£23.70
Myfyrwyr	Llawn-Amser:	£23.70
Gostyngiad**:		£23.70

* Dim angen ffi ymuno ar gyfer plant dan bump os yw'r rhieni yn aelodau.
** Di-gyflog - Heb waith a/neu yn derbyn budd-dal ategol.

- Mae'r prisiau'n cynnwys TAW@17.5%
- Yn weithredol o 1af Ebrill 2008
- Bydd y cynllun aelodaeth corfforedig yn derbyn gostyngiad o 25% ar ffi oedolion ar gyfer bob aelod. Holwch yn y dderbynfa am fanylion pellach.

Cynghorir y cwsmeriaid i weld y cyfleusterau a gynigir cyn ymuno.

Cyfyngiadau Oedran

Hyfforddi a Phwysau (16+): 14-15 oed gydag Oedolyn sy'n Aelod
Dim plant dan 14 oed.

Sesiynau Aerobig: 14-15 oed gydag Oedolyn.
Dim plant dan 14 oed.

Nodwch os gwelwch yn dda: mae pob archeb yn 55 munud o hyd, heblaw sboncen sydd yn 40 munud.

Archebu Cyfleuster Ymlaen Llaw

Aelod	7 diwrnod	e.e Ffonwch Dydd Gwener am y Gwener canlynol
Dim yn Aelod	48 awr	e.e Ffonwch Dydd Gwener am y Sul

Amodau i Enillwyr

Mae Cyngor Chwaraeon Cymru'n berchen ar ac yn rheoli Athrofa Chwaraeon Cymru (yr "Athrofa"). Nod yr Athrofa yw cynnal rhaglen lawn a defnydd o'r cyfleusterau yn ystod yr holl amseroedd a hysbysebir. Fodd bynnag, oherwydd archebion eraill ac amgylchiadau y tu hwnt i'n rheolaeth, nid yw hyn yn bosibl bob amser. Os ydym yn gwybod ymlaen llaw na fydd cyfleusterau ar gael, byddwn yn rhoi gwybod am hynny.

1. Yr Athrofa sydd i benderfynu a yw'n derbyn cais gan aelod newydd ai peidio. Ceidw'r Athrofa yr hawl i ddilysu neu ofyn am brawf o'r holl wybodaeth a nodir er mwyn sicrhau aelodaeth. Wrth i'r Athrofa dderbyn cais am aelodaeth, bydd yn cyfateb i gytundeb cyfreithiol rhwng yr aelod a'r Athrofa. Mae'r aelod trwy hyn yn cytuno i gadw at reoliadau a chyfreithiau'r Athrofa ac at yr Amodau hyn.
2. Yn ddarostyngedig i amod 1, mae'r aelodaeth lawn yn ddilys am un (1) flwyddyn (aelodaeth dros dro am un (1) mis) o ddyddiad arwyddo'r cytundeb hwn, ac mae'n eiddo i'r Athrofa.
3. Mae'n rhaid dangos cerdyn aelodaeth dilys yn y dderbynfa wrth ymweld bob tro a chyn defnyddio unrhyw gyfleuster a / neu wasanaeth. Ceidw'r Athrofa yr hawl i wrthod mynediad neu ofyn am dalu ffi fynediad os na ddangosir cerdyn aelodaeth dilys. Nid yw'r aelodaeth o'r Athrofa na'r cardiau aelodaeth yn drosglwyddadwy a dim ond yr aelod cofrestredig all eu defnyddio. Bydd raid talu ffi am gerdyn newydd os collir y cerdyn aelodaeth neu os caiff ei ddifrodi.
4. Bydd yn ofynnol i'r holl aelodau sy'n dymuno defnyddio'r ystafell gardiofasgiwlar (CF) neu'r ystafelloedd pwysau rhydd gwblhau cwrs cyflwyno i bwysau a holiadur iechyd cyn defnyddio'r mannau hyn.

Cyfyngiadau Atebolrwydd

5. Nid yw'r Athrofa'n dymuno cyfyngu ar atebolrwydd am farwolaeth a / neu anaf personol yn codi o ymddygiad esgeulus yr Athrofa neu ei gweithwyr.s.
6. Mae'r aelod yn cydnabod ei fod yn atebol wrth ddefnyddio cyfleusterau'r Athrofa. Cyfrifoldeb y perchennog / ceidwad yw cadw pob eitem personol yn ddiogel. Ni fydd yr Athrofa'n atebol am unrhyw golled uniongyrchol neu anuniongyrchol neu ganlyniadol, yn cynnwys, heb gyfyngiad, colli refeniw, colli elw, colli busnes, cytundebau neu ewyllys da yn codi o dan gytundeb, tort (yn cynnwys esgeulustod) neu fel arall.
7. Yn ddarostyngedig i amodau 5 a 6, mae'r aelod yn cytuno y cyfyngir cyfanswm atebolrwydd yr Athrofa yn codi o'r cytundeb hwn ac o ddefnydd yr aelodau o'r cyfleusterau, os bydd unrhyw gyfyngiad neu ddarpariaeth yn yr amodau hyn yn cael eu cynnal yn annilys, i ganpunt (£100.00).

Canslo

8. Bydd yn ofynnol i'r aelodau dalu'n llawn am unrhyw gyfleusterau gaiff eu canslo ac nad ydynt yn cael eu hailwerthu os byddant yn methu mynychu a defnyddio cyfleuster a archebwyd ymlaen llaw.

Rheoli Aelodaeth

9. Ni chaniateir mynediad i g?n, ac eithrio c?n cymorth.
10. Ni ddylid bwyta unrhyw fwyd yn y mannau gweithgarwch. Dim ond o boteli plastig y gellir eu selio y dylid yfed diod yn y mannau gwithgarwch ac ni ddylid mynd â photeli gwydr na chaniau i'r mannau gweithgarwch.
11. Mae'n rhaid gwisgo dillad ffitrwydd priodol bob amser. Ni chaniateir dillad / esgidiau budron. Mae'n rhaid gwisgo esgidiau addas bob amser. Ni ddylid gwisgo esgidiau gwadnau duon (nac esgidiau marcio) mewn unrhyw neuadd chwaraeon, cwrt sboncen na man gweithgarwch.
12. Ni ddylid mynd â bagiau cit i'r ystafell hyfforddi â phwysau. Darperir loceri yn yr ystafelloedd newid i gyd a chynghorir y cwsmeriaid i'w defnyddio bob amser. Ni fydd yr Athrofa'n derbyn cyfrifoldeb am unrhyw eiddo personol a adewir yn yr ystafelloedd newid nac yn y loceri. Mae'r Athrofa'n cynghori'r aelodau i ymatal rhag dod ag eitemau o werth sylweddol i'r eiddo.
13. Mae'r Athrofa'n darparu maes parcio am ddim i'r aelodau tra'n defnyddio'r Athrofa (os oes lle ar gael). Pan fydd aelod yn parcio ei gerbyd ar dir yr Athrofa, cyfrifoldeb yr aelod yn unig yw'r cerbyd hwnnw. Nid yw'r Athrofa'n derbyn unrhyw gyfrifoldeb am unrhyw golled neu ddifrod i gerbyd yr aelod, oni bai yr achosir y golled neu'r difrod gan weithredu neu esgeulustod ar ran yr Athrofa.
14. Ni chaniateir yfed unrhyw alcohol, ar wahân i'r alcohol a brynir yn y cyfleuster, yn yr eiddo hwn. Bydd unrhyw un y credir ei fod dal ddylanwad cyffuriau anghyfreithlon neu alcohol yn cael ei symud o'r cyfleuster.
15. Ceidw'r Athrofa yr hawl i gyfyngu ar fynediad a / neu symud aelodau o'r adeilad os nad ydynt yn cydymffurfio â'r amodau hyn neu os ydynt yn camymddwyn neu'n achosi perygl neu aflonyddwch i eraill. Dan amgylchiadau o'r fath, gall yr Athrofa ganslo aelodaeth heb roi ad-daliad.
16. Ar ddiwedd y cyfnod aelodaeth, bydd yr aelodau'n cael hyd at 14 diwrnod i adnewyddu eu haelodaeth. Wedi 14 diwrnod, bydd yr aelodaeth wedi dod i ben a gall y ffi ymuno wreiddiol fod yn daladwy.
17. Os bydd amgylchiadau oedolion sy'n talu aelodaeth lawn yn newid (e.e. colli swydd ac felly'n ddi-waith neu'n troi'n Bensiynwr), efallai y gall dalu pris is wrth ddefnyddio'r cyfleusterau, o ddangos tystiolaeth o newid o'r fath. Ni fydd hawl o'r fath yn berthnasol nes daw'n amser adnewyddu aelodaeth.
18. Ceidw'r Athrofa yr hawl i atal defnydd o unrhyw gyfleuster fel y myn. Bydd unrhyw flaendal yn cael ei ad-dalu ond nid yw'r Athrofa'n derbyn unrhyw gyfrifoldeb am unrhyw wariant neu golled arall o ganlyniad i atal defnydd o gyfleuster.
19. Yr Athrofa'n unig sy'n gyfrifol am bob pnderfyniad i ganslo neu ad-dalu ffi aelodaeth.
20. Ni fydd y cyfleusterau ar gael yn ystod cyfnod y Nadolig a gwyliau cyhoeddus, dim ond dan amgylchiadau arbennig. Dylech holi yn y dderbynfa a gwirio'r hysbysfyrddau am wybodaeth bellach.
21. Ceidw'r Athrofa yr hawl i ildio'r holl amodau hyn, neu rai ohonynt.

Ffurflen Gais

Defnyddiwch brif lythrennau.

Teitl Mr/Mrs/Ms Cyfenw ....

Enw(au) Cyntaf ....

Cyfeiriad ....

....Côd post ....

Rhif Ffôn Cartref ....Busnes ....

1. Ffi Amgaeëdig Siec/Visa/MasterCard/Arian Parod (Peidiwch ag anfon arian parod drwy'r post).

£ ....am ....Aelodaeth

Rhif Visa/MasterCard. ....

Dyddiad dod i ben ....

2. Mae angen prawf o statws fel a ganlyn:

Pensiynwyr - Llyfr Pensiwn neu Docyn Bws.
Myfyrwyr - Cerdyn Undeb y Myfyrwyr.
Yn ddi-waith neu'n derbyn budd-dal atodol - Dewch â thystiolaeth eich bod chi'n derbyn budd-dal gyda chi.

3. Cais teulu - cwblhewch yr adran isod os gwelwch yn dda.

4. Er mwyn ein cynorthwyo ni â'r gwaith o fonitro ein polisïau cyfleoedd cyfartal, dewiswch un o'r canlynol;

<u>Ethnigrwydd</u>

Prydeinig Gwyn (yn cynnwys Cymru/Yr Alban.Lloegr/Iwerddon) ☐
Arall gwyn ☐
Cymuned Ethnig ☐

Ydych chi o'r farn fod gennych chi anabledd   Ydw/Nac ydw

Rwyf wedi darllen amodau'r cynllun hwn ac yn cytuno i gydymffurfio a hwy.

Llofnod ....Dyddiad ....

Darllenwyd a chymeradwywyd gan Riant neu Warcheidwad (os dan18)

Llofnod ....Dyddiad ....

AELODAETH DEULU

Plant: Nodwch y dyddiad geni

Enw..DG ....

Enw..DG ....

Enw..DG ....

Gall pob rhan o'r wybodaeth a ddarparir ar y ffurflen hon eu defnyddio i bwrpas gweinyddiaeth a caiff eu trin yn ôl Deddf Gwarchod Data 1998.

At ddefnydd swyddogol

Dyddiad derbyn................................Rhif Siec/Arian Parod ....

Dyddiad derbyn..................................Rhif(au) Ymaelodi ....

Bwydwyd i'r system: Dyddiad ....Blaenlythrennau ....