

SPORT  
WALES  
NATIONAL  
CENTRE

*sportwales*  
*chwaraeoncymru*  
2019/20

# CENTRE INFORMATION





# INFORMATION FOR USERS

Sport Wales National Centre is owned and managed by Sport Wales. Users have access to the facilities of one of the country's largest and most well equipped sports centres and can enjoy the same standards of facilities provided for our elite athletes.

	CENTRE OPENING HOURS	RECEPTION OPENING HOURS	LAST ADMISSION
Monday–Friday	06.30–22.30	08.00–21.30	21.30
Saturday	07.00–22.00	08.15–21.30	21.30
Sunday	07.00–21.30	08.15–21.00	21.00

## Benefits for Users

- City centre location
- Free parking for users when using the centre (subject to availability)
- Free Wi-Fi service
- Accommodation (subject to availability)
- HWB cafe

Sport Wales National Centre  
Sophia Gardens  
Cardiff CF11 9SW  
nationalcentre@sport.wales  
[www.sportwalesnationalcentre.org.uk](http://www.sportwalesnationalcentre.org.uk)

**0300 300 3123**



# MEMBERSHIP OPTIONS

## BRONZE

### Bronze Membership From £5.00 per session.

The Bronze membership is a 'Pay and Play' membership.

An initial fee is payable which is renewable on an annual basis.

Members are then required to pay for their usage each time. For example, access to the Cardio or Free Weights Gym would be £5.00 per session.

## SILVER

### Silver Membership £22.00 per month

The Silver membership is payable by Direct Debit only.

The membership provides unlimited access to the Cardio and Free Weights Gym, Early Bird Sessions, Fitness Classes and a discount on Racket Sports bookings.

## GOLD

### Gold Membership £31.00 per month

The gold membership is payable monthly by Direct Debit only.

The membership provides the same benefit as Silver plus unlimited Racket Sports, subject to availability.

## PRICES

## BRONZE

	JOINING	RENEWAL FEE
<b>Adults</b>	<b>£20.00</b>	<b>£16.00</b>
<b>Concessions</b> Those in receipt of a means-tested benefit or Disability Living Allowance.	<b>£15.00</b>	<b>£11.25</b>
<b>Family</b> (2 Adult partners + 1 Child or 1 Adult + 2 children)	<b>£40.00</b>	<b>£32.00</b>
<b>Additional Children</b> (5-17 years)	<b>£10.00</b>	<b>£7.50</b>
<b>U18's</b>	<b>£15.00</b>	<b>£11.25</b>
<b>Senior Citizens</b> (in receipt of state pension)	<b>£15.00</b>	<b>£11.25</b>
<b>Students</b> (fulltime)	<b>£15.00</b>	<b>£11.25</b>

## EARLY BIRD

Members are able to access the following:

<b>Gyms</b>	
Monday-Friday	06.30am
Saturday-Sunday	07.00am
<b>Badminton, Squash and Table Tennis</b>	
	07.00am
<b>Tennis</b>	
	07.30am

Bronze members must pay for an Early Bird Session from reception on a prior visit.

**Early Bird Bronze Member**  
£4.80



# FITNESS CLASSES & GYM

If you want to add variety and motivation into your fitness programme why not join one of our fitness classes.

Classes are a great way to socialise and have fun whilst also trying to reach your personal goals.

Early morning classes must be booked and paid for prior to the day of the class due to limited spaces. For all other classes we recommend you book in advance to avoid disappointment.

Members are able to book 7 days in advance and non-members 4 days.

All classes are on a first come, first served basis.

## TIMETABLE

<b>Monday</b>	06.30 – 22.30	Gym
	12.15 – 13.00	Spin
	18.00 – 19.00	Circuits
	19.30 – 20.30	Yoga
<b>Tuesday</b>	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	10.00 – 12.00	Over 50's Table Tennis
	17.30 – 18.15	Spin
	18.30 – 19.30	Pilates
19.40 – 20.30	Boxercise	
<b>Wednesday</b>	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	17.30 – 18.30	Circuits
<b>Thursday</b>	06.30 – 22.30	Gym
	06.45 – 07.30	HIIT
	12.15 – 13.00	Spin
	18.00 – 19.00	Yoga
<b>Friday</b>	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	10.00 – 12.00	Over 50's Table Tennis
	18.00 – 19.00	Boxercise
19.00 – 20.00	Circuits	
<b>Saturday</b>	07.00 – 22.00	Gym
	09.30 – 10.15	Spin
<b>Sunday</b>	07.00 – 21.30	Gym
	18.30 – 19.30	Zumba
	19.00 – 20.00	Circuits
	19.30 – 20.30	Yoga



# BOXERCISE CIRCUITS HIIT PILATES SPIN YOGA ZUMBA

## **BOXERCISE**

This class is a great full body workout and perfect for toning. A form of cross training, combining boxing movements and aerobics.

## **CIRCUITS**

The stations are designed to improve speed, agility, coordination, balance and muscular endurance.

## **HIIT**

High intensity interval training (HIIT) is when you alternate between high and low intensity exercise(s) or between high intensity exercise and a short period of rest.

## **OVER 50'S TABLE TENNIS**

A great way to socialise and meet new friends in a warm and friendly environment while playing Table Tennis.

## **PILATES**

Strengthen your whole body with just your own body weight and some small equipment.

## **SPIN**

A high intensity, low impact workout on a stationary bike. A great way to increase lower body strength and cardiovascular endurance.

## **YOGA**

In a typical yoga class you can expect to run through a routine of exercises traditionally known as 'Yoga ASANAS'. These include neck exercises, shoulder lifts, eye training, leg raises and the classic 'easy pose'.

## **ZUMBA**

Inspired by traditional salsa, samba and merengue music, Zumba has easy-to follow dance moves that will tone and sculpt your body.



# CARDIO & FREE WEIGHTS GYM

In order to use the cardio or free weights gym you have to be a member of the Sport Wales National Centre. A member of staff will be happy to show you around the gym before you decide to join.

All members must complete a Gym induction prior to using the gym and our core induction Day/Time is:

**Thursday 19.10-20.00**

If this time is not suitable an alternative day and time can be arranged by contacting the National Centre.

## CARDIO GYM

Our 30 station air conditioned gym provides a wide range of training equipment including cross trainers, exercise bikes, rowers, treadmills and a variety of weighted resistance machines.

## FREE WEIGHTS GYM

This 20 station air conditioned gym provides a range of fixed and loose weights, as well as international lifting platforms. Some of the resistance machines in this area are designed to be fully inclusive for both disabled and non-disabled users.

## FITNESS CLASS & GYM RULES

### What to Wear

- Comfortable training clothing
- Training shoes

### Equipment to bring with you

- Water bottle
- Towel
- £1 coin for the locker (returnable)

### Fitness Class/Gym Etiquette

- Wipe down all equipment after use
- Put away all equipment after use
- Bags are not permitted within the gym
- Return dumbbells/bars/discs to storage racks

## AGE RESTRICTIONS

### Cardio/Free Weights Gym

14-15 years accompanied by a (18+) Member.

**No under 14's.**

### Fitness Classes

14-15 years accompanied by a (16+) responsible person.

**No under 14's.**



# DIRECT DEBITS

## DIRECT DEBIT PAYMENTS

Direct Debit membership payments will be collected from your bank account on the 1st of the month. There will be a one month processing period before the first instalment is requested from your bank account.

Please note however that any membership entered into after the 15th of the month will be liable for a longer pro-rata payment as it will not be possible due to the processing time required to collect on the 1st of the following month (example B).

**Example A** If a membership contract were entered into on the 10th April, a pro-rata payment for the period 10th April to the 30th April would be payable. The first Direct Debit deduction would take place on the 1st May and relates to the month of May.

**Example B** If a membership contract were entered into on the 16th April, a pro-rata payment for the period 16th April to the 31st May would be payable as the deadline for processing would have been missed. The first Direct Debit deduction would take place on the 1st June and relates to the month of June.

## MEMBERSHIP BENEFITS

- No fixed term contract is entered into, your membership can be cancelled at any time, subject to one month's written notice.
- 7 day advance booking facility for racket sports and table tennis.
- Residential accommodation at reduced rates for family and guests.

## PROOF OF STATUS

Proof of status is required as follows:

- Disability Living Allowance (Recent letter from awarding body)
- Means-tested Benefit (Recent letter from awarding body)
- Pensioners (Photo Identification)
- Student (Student Union Card)

## MEMBERSHIP CARD

- All members are issued with a membership card, which must be presented and swiped when using the centre.
- Only the membership holder is permitted to use the card.
- A photograph is taken of the member for identification purposes.
- A fee applies for a lost, stolen or damaged card replacement.



# FACILITIES

## CATERING FACILITIES

Our experienced catering team are on hand to offer a high quality service to suit all occasions and budgets. All dishes are freshly prepared using high quality, locally and ethically sourced produce. Dietary and allergen requirements can be catered for upon request.

## NATIONAL JUDO CENTRE

This purpose built air-conditioned dojo has two judo competition mats and a wrestling mat, with a total mat area of 27m x 14m.

## FITNESS STUDIO

A multi-use hall that is mainly used for fitness classes.

## HWB (CAFÉ)

Whether doing something in our Centre or not, why not pop into the HWB on the 2nd floor which is open to everyone. We serve a variety of hot and cold food and refreshing drinks. A great place to meet and relax.

Open 7 Days a Week	08.00 - 20.00
Breakfast	08.00 - 10.00
Lunch	12.00 - 14.00
Evening Meal	17.00 - 19.00

## JUBILEE HALL

The Jubilee Hall can be used for a variety of sports such as, Badminton (x4 courts), Netball, indoor Football, Basketball, Volleyball, Table Tennis, Short Tennis, Cricket Practice and Fencing.





### MAIN ARENA

The Main Arena is extremely versatile and can accommodate a variety of major sporting events. The Main Arena has 10 badminton courts or 2 Basketball / Netball courts. The Main Arena has hosted many large events such as the Welsh Badminton Open, Super league Netball matches, Gemau Cymru events along with the BBC Welsh Sports Personality awards. The Main Arena has spectator seating for up to 1200 people.

### MULTI USE AREA

Our all weather playing area boasts 3 outdoor Tennis Courts. Available to host 5-a-side Football and Netball (2 courts).

### NATIONAL BOXING CENTRE

Purpose built air-conditioned Boxing centre which includes a full size Olympic ring and a training ring.

### NATIONAL HOCKEY CENTRE

This is an International Hockey standard water-based artificial floodlit pitch. The pitch is also used for Football and Touch Rugby.

### NATIONAL SQUASH CENTRE

There are four Squash Courts, two of which are glass backed exhibition courts, with seating for up to 186 spectators.

For full details of all our facilities please visit our website  
[www.sportwalesnationalcentre.org.uk](http://www.sportwalesnationalcentre.org.uk)



# ACCOMMODATION & MEETING ROOMS

## ACCOMMODATION

Our comfortable Visit Wales 2-star Guest accommodation can sleep up to 56 people in well-appointed rooms.

Situated on three floors within the main building there are a combination of single, twin and triple en-suites rooms.

We have 2 twin rooms adapted for disabled guests, with lift access and en-suite bathroom facilities suitable for wheelchairs.

Bed & Breakfast, full or half board options are available.

## MEETING ROOMS

If you are looking for a conference or meeting room venue that offers excellent value for money, then the Sport Wales National Centre is the perfect venue.

Our conference facilities can cater for 2 to 1200 delegates and all have audio visual equipment to suit your conference requirements.

Our catering team can provide a range of options suitable to your budget.

The Taff, Bute and Sophia Suites are ideal for smaller conferences or meetings with large conferences accommodated in our Main Arena which can be fully carpeted.



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Cardiff CF11 9SW  
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Awarding funds from  
**THE NATIONAL LOTTERY**



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