

SPORTS FACILITY OPENING TIMES

Monday 17th June - Sunday 15th September 2019

SWIMMING POOL LANE SWIMMING	CYNCOED
Monday	12:30pm – 2:00pm 5:30pm – 8:00pm
Tuesday	7:30am – 8:30am 12:30pm – 2:00pm 7:00pm – 8:00pm
Wednesday	12:30pm – 2:00pm 7:00pm - 8:00pm
Thursday	7:30am – 8:30am 12:30pm – 2:00pm 6:30pm – 7:30pm
Friday	12:30pm – 2:00pm 6:00pm – 7:30pm
Saturday	12:00pm – 2:00pm
Sunday	9:00am – 11:00am

FITNESS CENTRE	CYNCOED
Monday - Thursday	7:00am - 9:00pm
Friday	7:00am - 8:00pm
Saturday and Sunday	8:30am - 4:30pm

NIAC	CYNCOED
Monday - Friday	8:30am - 9:00pm
Saturday and Sunday	9:00am - 4:00pm
Athletics Club Night	
Mon, Tues, Wed, Thurs (Not Fri)	6:30pm - 8:30pm

TENNIS CENTRE	CYNCOED
Monday - Thursday	9:00am - 10:00pm
Friday	9:00am - 9:00pm
Saturday	9:00am - 7:00pm
Sunday	9:00am - 4:00pm

FITNESS CENTRE	LLANDAFF
Monday - Thursday	7:00am - 8:00pm
Friday	7:00am - 8:00pm
Saturday (<i>Sunday Closed</i>)	8:30am - 12:30pm

CHILDREN'S ACTIVITIES
Athletics, Basketball, Football, Hockey, Gymnastics,
Swimming, Netball, Tennis, Trampolining and more!
For more info visit our website:

www.cardiffmet.ac.uk/sport

PLEASE NOTE

Sports Facilities reserve the right to amend the
opening hours. Opening times may vary during
holiday periods.

For more info visit our website:

www.cardiffmet.ac.uk/sport

Opening times may vary due to special events
– Please confirm with NIAC reception

Please contact the Cyncoed Fitness Centre on 029
2041 6743 for information about fitness courses
and assessments.

**Should you have any queries regarding availability, to book, or any other enquiry please telephone
Sports Facilities on 029 2041 6777 / 2041 6770.**