

COVID-19 (Coronavirus) UPDATE

Sports Facilities:

Following on from the most recent advice from the UK Government we have taken the decision to close all sport facilities and programmes at Cardiff Metropolitan University until further notice. The safety and wellbeing of students, staff and members is of the utmost importance and this has formed the basis of the decision.

We thank you for your patience and understanding and we will provide relevant updates via our regular communication channels. Please see below for further specific information:

MetActive

Classes:

All fitness classes are postponed until further notice.

Don't worry though, we have developed a range of virtual sessions to keep you active from home. All our classes take place on Zoom. They can be accessed by choosing 'Join Meeting' and entering our ID: 974-409-7311. The ID is the same for all classes and once you have entered it once Zoom will store it for next time.

Zoom is a free platform that can be downloaded on Windows, Mac or mobile. The great thing about our classes is that they are as interactive as users want to make them. We launch classes 15 minutes before the start time and keep them running for 15 minutes after, giving people some a much needed chance to socialise should they wish. However, users can also mute their microphone and video if they would rather take part privately.

The classes are open and there is no need to book in, simply use the link to join. We want to reach as many people as possible and help them stay fit and active during these challenging times, so we are encouraging staff to invite their friends and family to join.

Social Media:

All information for classes and the Work Out of the Day (WOD) are on our Facebook, Instagram and Twitter platforms.

Twitter: @Met_Active (https://twitter.com/Met_Active)

Facebook: @cmetactive (<https://www.facebook.com/cmetactive/?ref=bookmarks>)

Instagram: metactive (<https://www.instagram.com/metactive/>)

Les Mills:

As a Met Active member we are delighted to provide you with access to Les Mills on demand classes. This platform offers 95 free workouts across 8 categories. Hopefully this is enough to keep you ticking over for now. To access please click the link below

FREE WORKOUTS

Training Programmes & Virtual Personal Training

We are now offering both personalised 'home' training programmes and virtual personal training sessions in the very near future. These will provide you with the expert guidance and motivation you need to stay fit even if you can't leave the house.

To receive more information or to express your interest in these please email James on: jmayley@cardiffmet.ac.uk

Junior Academy Sessions:

All academy sessions are being cancelled and we will offer credit notes for the last 3 weeks of this current block. Further updates on a likely re-start date will be communicated in due course. We would appreciate your co-operation as we deal with a quickly evolving situation and will not take any future bookings at this point. For any academy enquiries please contact rnutall@cardiffmet.ac.uk

Dragon Camps:

Easter Dragon Camps provision has been cancelled. Any bookings for Easter will be refunded. Bookings that have been paid using childcare vouchers we will contact you to arrange your preferred method of refund. We will not be taking any future bookings for the Summer Camps at this point. For any enquiries please contact rnutall@cardiffmet.ac.uk

Events:

All events scheduled up to the end of June to take place at the Universities sports facilities are cancelled until further notice. We will be continually monitoring the situation and will be in touch with specific event organisers if and when the situation changes. No cancellation charges will apply during the closure period and any advance booking payments will be refunded. We will not be taking any future event bookings at this point. For any enquiries please email sport@cardiffmet.ac.uk

Community Sport – Cardiff East & West High Schools:

School facilities remain closed until further notice. Any advance payment for bookings will be refunded. For further enquires please contact ECCenquiries@cardiffmet.ac.uk or CWenquiries@cardiffmet.ac.uk

General Enquiries:

Please direct your specific queries as indicated in the sections above but for general enquiries you can email sport@cardiffmet.ac.uk

We greatly appreciate your co-operation and patience with this situation and we encourage all students, staff and members to continue following the Public Health advice. We hope to see you back soon. Stay safe and stay healthy.

Thanks

Cardiff Met Sport/Sport Cardiff Team