

**EASTER
& SUMMER
ACTIVITIES 2017**

DRAGON & SPORT CAMPS



Cardiff Met
SPORT | CHWARAEON



SPORTS DATBLYGU
DEVELOPMENT CHWARAEON
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WELCOME TO DRAGON CAMPS 2017!



+44 (0) 29 2041 6777



Junior Sports Development
Cyncoed Campus
Cardiff Metropolitan University
Cyncoed Road
Cardiff CF23 6XD



[www.cardiffmet.ac.uk/
juniorsportsdevelopment](http://www.cardiffmet.ac.uk/juniorsportsdevelopment)



@CMetSportsAcademies



Cardiff Met Dragon Camps operate during the Easter and Summer holidays and are open to boys and girls aged 4 years - 14 years.

The multi activity programme is managed and coordinated by our large body of qualified teachers and sports students who aim to provide each and every child with a safe and rewarding experience.

Dragon Camps encourage children to remain active, to develop basic sports and art skills, to interact with new friends and most importantly to be part of a programme that promotes a healthy and active approach to life.

Each child is given the opportunity to select from a vast range of activities to stimulate their physical, emotional, social, creative and intellectual needs and capabilities. Dragon Camps activities are programmed in recognition of the vast and diverse needs of all children attending.

Activities are designed with due regard to each child's gender, religion, race and medical condition. For the Under 8's group,

additional events are planned in recognition of significant calendar events. Themes will include Special Birthdays, National Days, Seasonal festivals, 'A Day in History', Fancy Dress, Healthy Eating days, and any other relevant and appropriate themes.

Dragon Camps operates solely within the grounds of the Cyncoed Campus. Activities utilise the following sports facilities; The National Indoor Athletics Centre (NIAC), Indoor Tennis Centre, Sports Hall, Syd Aaron Gymnastics Hall, Russell Rees Gymnasium, Dance Studio, Outdoor Athletics Track, Swimming Pool (Over 8's only), Astroturf, Football, Rugby Pitches and Archers Arena.

Dragon Camps provides a catering facility which offers both hot and cold meals. Parents are requested to pre book hot meals well in advance of their child attending camp. A list of meals is provided on the booking sheet at the back of this booklet.

Dragon Camps staff are employed to instruct all activities in English, however some staff members may speak incidental Welsh.



SAMPLE OF DRAGON CAMPS DAILY SCHEDULE

▶ **8:00am: Early Bird Drop Off**
(additional cost)

Light sports activity or arts and craft fun.

▶ **8:45am: Camp Signing In**

▶ **9:30am - 10:45am: Session 1**

▶ **11:00am - 12:10pm: Session 2**

In both sessions a choice of 2/3 sports are available as well as an arts and craft option.

Sessions also include a juice break (juice is provided by Dragon Camps).

▶ **12:30pm - 1:30pm: Dinner Time**

Over to the canteen for lunch!

Hot and cold meals can be ordered 24 hours before attending camp, alternatively you can bring a packed lunch with you which will be kept refrigerated.

▶ **1:45pm - 3:00pm: Session 3**

▶ **3:15pm - 4:30pm: Session 4**

More fun sessions with a choice of 2/3 sports available as well as an arts and crafts option.

▶ **4:45pm: Camp Signing Out**

▶ **5:15pm - 6:00pm: Extension Pick Up**
(additional cost)

Light sports activity or arts and craft fun.

Cardiff Met Dragon Camps offer a range of over 20 different sports in 14 different on-site venues. We also offer a range of non sporting activities such as Campus Nature Walks, Party Games, I-Spy, Treasure Hunts, Scavenger Hunts, Arts and Crafts etc.

INFORMATION FOR PARENTS

BOOKING PROCEDURE AND POLICY

Cardiff Met Dragon Camps operates a strict booking policy. In order to ensure a fast and efficient daily registration service, parents must book their child(ren) no less than 24 hours prior to admission. **We are unable to process same-day bookings.**

Cardiff Met Dragon Camps is unable to accept children onto the programme without;

- ▶ Payment in advance (no less than 24 hours).
- ▶ A fully completed booking form. At the time of booking, the receptionist will check that you have fully completed all required information, including providing full details of your child's every need at camp. You will be unable to book a place if any part of the form is incomplete.
- ▶ A parent or guardian's signature in agreement with the Terms and Conditions set out in the booking form.

Booking forms are available in this brochure and on our website as an editable PDF. Forms can be handed in at reception, sent through the post or via email to dragoncamps@cardiffmet.ac.uk

REFUND AND CANCELLATION POLICY

All fees have to be paid in advance and are non-refundable and non-transferable unless there are insufficient numbers to run the course. Cardiff Met Dragon Camps reserve the right to cancel the programme at any time in the event that there are insufficient numbers to operate the camp.

SPACES

Spaces are available for;

40 x Under 8's per day (ages 4 - 7 yrs)

(One coach to eight children)

156 x Over 8's per day (ages 8 - 14 yrs)

(One coach to 12 children)

- ▶ Coaches usually work in pairs.
- ▶ Parents are asked to book their child(ren) into the appropriate age groups.
- ▶ Due to limited spaces available on the Under 8's camp, we are unable to place 8 year olds and above with their younger siblings.

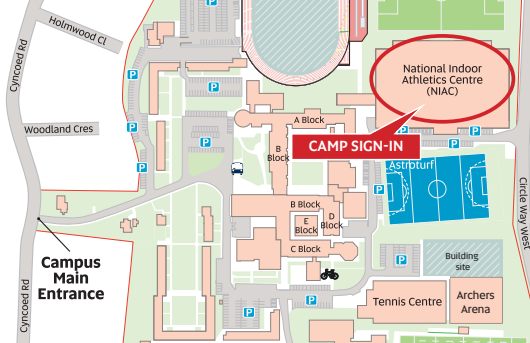
INCLUSIVE SPORT

Cardiff Met Dragon Camps maintain an open access policy to all children including those with disabilities. However, Cardiff Met Dragon Camps are unable to provide care for children who require 1:1 support.

Parents are advised to speak with the manager and to read our policies which are available at reception, in order to fully address the needs of a child before attending camp.

ARRIVAL AND DEPARTURE

Cardiff Met Dragon Camps operates its normal daily activities programme from 8:45am - 5:15pm Monday to Friday. Parents are requested to be punctual and will be asked to pay an extended daily fee if arriving before and/or after the scheduled arrival and collection time.



INFORMATION FOR PARENTS

DIRECTIONS

To reach Cyncoed Campus from:

The East:

- 1 Take Junction 29 off the M4 and travel westward on the A48(M) for approx. 3 miles.
- 2 Turn off at the Llanedeyrn junction and take the 3rd exit off the roundabout.
- 3 At the next roundabout take the first turning on your left up Llanedeyrn Road, follow this road to the traffic light junction where you join the right hand lane.
- 4 Turn right onto Cyncoed Road; travel for approx. half a mile and Cardiff Met will be on your right-hand side.

The West:

- 1 Take Junction 32 off the M4 and join the A470 towards the city centre.
- 2 Continue along this road until you reach the Gabalfa roundabout. Stay in the left hand lane and take the first left onto the A48(M) eastward.
- 3 Turn off at the Llanedeyrn junction and take the first left at the roundabout.
- 4 Follow above directions 'from the east' from point 3.

Alternatively there is an entrance on Circle Way West, please follow the signs from the Llanedeyrn roundabout.

EXTENDED DAYS

An extended service is offered to parents who require extra time to travel to and from work. Activities are provided to Early Birds from 8:00am - 8:45am and for Late Collections from 5:15pm - 6:00pm. Parents who choose this service will be required to book and pay an additional fee no less than 24 hours prior to their child(ren) attending camp.

REGISTRATION PROCEDURES

Cardiff Met Dragon Camps operates a strict registration procedure whereby parents are required to sign their child(ren) into and out of camp on a daily basis.

If any adult other than the adult who signs the child into camp is collecting, staff must be advised of this when the child is signed in and a password must be given to the staff and to the adult who is collecting the child. The manager reserves the right to retain a child on the premises if unable to identify with the person collecting, or without any form of written consent to release the child(ren) from the programme. In this case, the parent will be contacted prior to releasing any child(ren).

It is important that a member of staff is informed in the morning if you are not collecting your child at the end of the day. Please remember to sign the release form and arrange for password to be used on collection.

SICKNESS AND EXCLUSION

Parents/guardians will be asked to collect children with a suspected illness or infection as soon as possible in order to safely reduce the risk of a spread throughout the camp.

Cardiff Met Dragon Camps is unable to accept a child onto the programme with an existing or recovering (infectious) illness. In respect of the health and welfare of all children attending the camp, parents are advised to speak with the manager prior to booking their child(ren). Parents of children attending camp with an existing injury will be asked to provide details to the manager prior to signing in.

ADMINISTRATION OF MEDICINES

Cardiff Met Dragon Camps requires written permission from a parent/guardian prior to receiving and administering any form of medication to a child.

Parents will be asked to provide full details on a separate medication form and to acknowledge, each day, by way of signature and date, that an authorised member of Dragon Camps has followed the administrative instructions provided.

POLICIES

Cardiff Met and Cardiff Met Dragon Camps maintain detailed policies governing the administration and operation of the camp.

A full copy of our policies can be located at NIAC and the Tennis Centre Receptions, Cardiff Met University, Cyncoed Campus, Cyncoed, Cardiff CF23 6XD. If you have any concerns, the manager will be happy to speak with you on the day.

BEHAVIOUR MANAGEMENT POLICY

Cardiff Met Dragon Camps staff endeavour to manage, monitor and control behaviour where necessary, in order to ensure the smooth running of the programme and to protect all children registered in its care. All Cardiff Met Dragon Camps staff follow National Governing Body Coaching Codes of Conduct (full details available in our Policy Handbook which is available at the Tennis Centre and NIAC reception desks).

EQUAL OPPORTUNITIES

Cardiff Met Dragon Camps is fully aware of its responsibility towards the promotion of equal opportunities and recognises that discrimination is unacceptable in any form. Cardiff Met Dragon Camps fully accept its statutory responsibility and are committed to extending the principles laid down in law to any individual or groups who are treated unfairly.

INSURANCE

Public and personal liability insurance cover is provided for all children enrolled onto the Dragon Camp programme however personal effects are not included in this cover.

The Care and Social Services Inspectorate for Wales (Certificate number - WO10000369) Cardiff Met Dragon Camps is registered with the Care and Social Services Inspectorate for Wales (CSSIW), an organisation set within Welsh Government. The CSSIW regulate social care and early years services using the regulations and national minimum standards made by the National Assembly for Wales and the Welsh Government. The regulations include the ChildMinding and Day Care (Wales) Regulations 2010, the Children and Families (Wales) Measure 2010, the Children and Families (Wales) Measure 2010 and the National Minimum Standards for Regulated

Child Care 2012. Cardiff Met Dragon Camps are subject to one unannounced inspection bi-annually.

The primary focus of the CSSIW is to comment on the quality of care provided and the quality of life experienced by staff and children whilst at camp. A comprehensive report is subsequently provided to the Manager of Dragon Camps who is responsible for implementing change and improvement for future programs.

Parents are able to contact the CSSIW for more information and advice at the following address;

**CSSIW, South East Wales Office,
Welsh Government, Rhydycar Business Park,
Merthyr Tydfil, CF48 4UZ**

Telephone: 0300 062 8757

Email: cssiw.southeast@wales.gsi.gov.uk

COMPLAINTS

In the event that a query or complaint cannot be addressed with a satisfactory outcome, parents are requested in the first instance to speak directly with the Dragon Camps Manager and in the second instance may contact the CSSIW at the above address.

DRAGON CAMPS 2017

	Under 8s Fees	Under 8s Discount Fees	Over 8s Fees	Over 8s Discount Fees
1 full day	£39.50	£35.50	£37.50	£34.00
4 day week	£147.50	£133.00	£138.50	£125.00

Easter and summer Bank Holiday weeks only.

5 day week	£159.50	£143.50	£148.50	£133.50
Extended day	£7.50	£7.50	£7.50	£7.50
Lunch	£3.70	£3.70	£3.70	£3.70

Please note:

Dragon Camps fees are non-refundable and non-transferable unless of insufficient numbers to run the camp.

DISCOUNT FEES

Discount fees are awarded on receipt of a voucher collected from our Facebook page @CMetSportsAcademies. These are printed in the run up to both the Easter and Summer camps. One voucher per child will provide a 10% booking discount. We accept many types of childcare vouchers; for further details contact Donna Cadenne on 029 2041 6738.



**other childcare vouchers also accepted*

MENU

Parents are encouraged to book healthy and nutritious meals provided by Cardiff Met. This minimises the risk associated with money loss and over-snacking on a packed lunch during break times rather than the designated lunch time period. Please also ensure that your child(ren) do not bring unnecessary amounts of money with them to camp. Juice breaks are provided by Cardiff Met.

DRAGON CAMPS

BOOKING AND CONSENT

FORM 2017

One form per child please. Please complete all parts unless otherwise stated.

CONTACT INFORMATION

Child's full name:

Gender: Age: DOB:

First language: Welsh speaking?:

Ethnicity: Religion:

Address:

..... Post code:

Telephone number(s): /

*Email address:

*Please tick if you DO NOT wish to receive any marketing material

EMERGENCY CONTACT DETAILS

Please provide details of Parent/Guardians

1 Print Name:

Relationship to child:

Emergency Contact Number:

.....

2 Print Name:

Relationship to child:

Emergency Contact Number:

.....

IMPORTANT! SIGNING OUT PROCEDURES

All children enrolled on our Dragon Camps programme must be signed in and signed out of camp each day by an adult. All Dragon Camps children must have a password assigned to them, to be used when collecting the child.

Password:

ONLINE BOOKINGS AREN'T AVAILABLE FOR DRAGON CAMPS. Bookings can be made in person (at the NIAC or Tennis Centre Reception), by telephone on 029 2041 6777 or by post with cheques* made payable to 'UWIC Co. Ltd' and returned to; Cardiff Met Dragon Camps/Sports Camps, NIAC, Cyncoed Campus, Cyncoed Road, Cardiff CF23 6XD. *If sending this form by mail, please contact us to confirm your fees before filling out a cheque.

BOOKINGS Please tick the day(s) you would like your child to attend Dragon Camps under the 'Bookings' section below. If an extended day is required, please also mark box with an E.

LUNCHES Charged at £3.70 per child. Please mark the choices under the 'Lunches' section below.

MEAL CHOICES

- M1 Packed lunch** this would include: A fresh bloomer sandwich, packet of crisps, piece of fruit and a packet of biscuits - Sandwich (no butter) filled with a choice of: Cheese Salad, Tuna mayonnaise & Salad, Chicken Salad
- M2 Jacket potato** filled with a choice of Cheese/Tuna Mayo/Baked beans
- M3 Two meat sausages** or **M3V for Vegetarian** sausages, chips and peas
- M4 Fish fingers**, chips and peas
- M5 Chicken nuggets**, chips and peas
- M6 Macaroni Cheese**
- M7 Penne Pasta Bolognese**

BOOKINGS

W/C	Mon	Tue	Wed	Thu	Fri
10/O4					X
17/O4	X				
24/O7					
31/O7					
07/O8					
14/O8					
21/O8					
28/O8	X				

LUNCHES

Mon	Tue	Wed	Thu	Fri
				X
X				

Can your child swim over 25 meters (Over 8's only)?: Yes No

If no, please provide details of their swimming ability:

Does your child have any dietary or medical requirements?: Yes No

If yes, please provide details:

Do you provide photographic consent for your child?: Yes No

(To be used in Cardiff Met Sport marketing material)

Do you provide First Aid/Emergency treatment consent?: Yes No

(And if necessary, hospitalisation consent)

Do you provide consent for your child to be face painted?: Yes No

TERMS & CONDITIONS

- I have completed the Booking Consent Form in full.
- I confirm that I have read and understand the Cardiff Met Dragon Camps Booking Procedures and Policies contained in this brochure.
- I confirm that I have been informed about the Cardiff Met Dragon Camps policies which can be which can be located at NIAC and Tennis Centre reception points.
- Bookings must be made 24 hours in advance, we cannot guarantee same day bookings.
- Payment is non-transferable and non-refundable unless of insufficient numbers to run the Camp.

Parent/Guardian Name: Date:

Signature:



SPORTS CAMPS 2017

Book online! www.cardiffmet.ac.uk/onlinebookings



Cardiff Met ATHLETICS CAMPS

Our Easter and Summer Camps are open to both complete beginners looking to learn some new skills and competitive athletes wanting some additional training during the school holidays. Our camps introduce athletes to our multi-event programmes including events such as sprint, hurdles, high jump as well as throwing events.

Competitive athletes will be given the opportunity to help improve their techniques and fitness in preparation for the season's competitions.

EASTER CAMP

Ages:	5 to 17 years
Dates:	18th - 21st April (4 day camp)
Time:	8:45 - 4:45pm (NIAC)
Fees:	£140

SUMMER CAMP

Ages:	5 to 17 years
Dates:	31st July - 4th August (5 day camp) and 14th August - 18th August (5 day camp)
Time:	8:45 - 4:45pm (NIAC)
Fees:	£164



Cardiff Met FOOTBALL CAMPS

Come along to our Easter and Summer Fun Football Camps, where we provide quality coaching from FA/FAW qualified coaches.

At Cardiff Met we adopt a 'player centered' approach to coaching using our 'learning through games' philosophy. Our coaching camps help promote technical, tactical and ethical player development and are a great way to improve your football skills!

No Blades or flat soles to be worn on the 3G
No studs, blades or moulded boots
on the Astro turf

EASTER CAMP

Ages:	5 to 9 years	10 to 13 years
Dates:	10th April (1 day camp)	18th April (1 day camp)
Time:	8:45 - 4:45pm (3G)	8:45 - 4:45pm (Astroturf)
Fees:	£39	£39

SUMMER CAMP

Ages:	8 to 17 years
Dates:	31st July - 4th August (5 day camp)
Time:	8:45 - 4:45pm (3G)
Fees:	£164

Book online! www.cardiffmet.ac.uk/onlinebookings

Cardiff Met HOCKEY CAMPS

Young hockey players are invited to attend our Hockey Coaching Camps 2017!

Cardiff Met Junior Hockey Academy has teamed up with Cardiff & Met Hockey Club to establish an exciting new Junior Hockey team!

This year our Easter and Summer Camps will be run by qualified, dedicated and enthusiastic coaches who will deliver a fun and challenging coaching programme. All abilities are welcome so come along to try something new or develop your existing skills.

EASTER CAMP

Ages:	6 to 16 years
Dates:	11th - 13th April (3 day camp)
Time:	8:45 - 4:45pm (Astroturf)
Fees:	£113.50

SUMMER CAMP

Ages:	6 to 16 years
Dates:	21st - 25th August (5 day camp)
Time:	8:45 - 4:45pm (Astroturf)
Fees:	£164

Cardiff Met NETBALL CAMPS

Improve your Netball Skills at our Easter and Summer Camps 2017!

Our Netball Camps are open to all abilities so come along to learn new skills or develop existing ones. Our fully qualified coaches will be coaching both attacking and defensive play and will provide positional specific coaching through practicing drills and playing games.

EASTER CAMP

Ages:	7 to 16 years
Dates:	18th - 19th April (2 day camp)
Time:	8:45 - 4:45pm (Archers Arena)
Fees:	£76

SUMMER CAMP

Ages:	7 to 16 years
Dates:	2nd - 3rd August (2 day camp)
Time:	8:45 - 4:45pm (Archers Arena)
Fees:	£76



Book online! www.cardiffmet.ac.uk/onlinebookings

CardiffMet GYMNASTICS CAMPS

Our Easter and Summer Camps are open to girls and boys of all abilities and promise to provide some fun yet challenging sessions in our fully equipped, sprung floored Syd Aaron Gymnasium.

We welcome complete beginners who would like to try out gymnastics for the first time and also experienced gymnasts who would like some extra coaching tuition during the holidays.

EASTER CAMP

Ages:	5 to 16 years
Dates:	10th & 11 April (2 day camp)
Time:	8:45 - 4:45pm (NIAC)
Fees:	£76

SUMMER CAMP

Ages:	5 to 16 years
Dates:	8th - 10th August (3 day camp)
Time:	8:45 - 4:45pm (NIAC)
Fees:	£113.50

CardiffMet TRAMPOLINE CAMPS

Our Easter and Summer Camps are open to girls and boys who have attended trampoline-gymnastics sessions previously or are currently a member of a club.

The camps will aim to improve current skills and introduce new skills in order to help gymnasts develop.

EASTER CAMP

Ages:	5 to 16 years
Dates:	12nd April (1 day camp)
Time:	8:45 - 4:45pm (Russell Rees Gym)
Fees:	£39

SUMMER CAMP

Ages:	5 to 16 years
Dates:	8th & 9th August (2 day camp)
Time:	8:45 - 4:45pm (Russell Rees Gym)
Fees:	£76



Book online! www.cardiffmet.ac.uk/onlinebookings

CardiffMet FITNESS SESSIONS

Are you aged between 12 - 15 and want to try out the gym? Then come along to our fully supervised gym sessions over the Easter and Summer holidays. All users have to complete an induction which involves instruction on how to use the equipment safely and there will be qualified Fitness Instructors on hand to give assistance. Our gym is fully equipped with the latest cardiovascular and resistance machines and sessions are fun and enjoyable.

EASTER CAMP

Ages:	12 to 15 years
Dates:	10th - 13th April (Monday - Thursday) 18th - 21st April (Tuesday - Friday)
Time:	10:00 - 12:00pm (Cyncoed & Llandaff Fitness Centres)
Fees:	£3.80 for non-member; Free for members

SUMMER CAMP

Ages:	12 to 15 years
Dates:	24th July - 28th July 31st July - 4th August 7th August - 11st August 14th August - 18th August 21st August - 25th August 29th August - 1st September
Time:	10:00 - 12:00pm (Cyncoed & Llandaff Fitness Centres)
Fees:	£3.80 for non-member; Free for members



SPORTS CAMPS EASTER HOLIDAYS 2017

	Dates	Fees
Athletics Camp	18th - 21st April	£140
Football Camp	10th April (ages 5 - 9) 1 day 18th April (ages 10 - 13) 1 day	£39
Gym Camp	10th & 11th April (5+)	£76
Hockey Camp	11th - 13th April (7+)	£113.50
Netball Camp	18th & 19th April (7+)	£76
Trampoline Camp	12th April	£39



SPORTS CAMPS SUMMER HOLIDAYS 2017

	Dates	Fees
Athletics Camp	31st July - 4th August & 14th - 18th August	£164 per week
Football Camp	31st July - 4th August	£164
Gym Camp	8th - 10th August	£113.50
Hockey Camp	21st - 25th August	£164
Netball Camp	2nd - 3rd August	£76
Trampoline Camp	8th - 9th August	£76

DOWNLOAD OUR FREE MOBILE APP TO STAY UP TO DATE WITH ALL OUR SERVICES AT CARDIFF MET SPORT



VISIT WWW.CARDIFFMET.AC.UK/SPORT-APP

SPORT CAMPS

BOOKING AND CONSENT

FORM 2017

One form per child please. Please complete all parts unless otherwise stated.

CONTACT INFORMATION

Child's full name:

Gender: Age: DOB:

First language: Welsh speaking?:

Ethnicity: Religion:

Address:

..... Post code:

Telephone number(s): /

*Email address:

*Please tick if you DO NOT wish to receive any marketing material

EMERGENCY CONTACT DETAILS

Please provide details of Parent/Guardians

1 Print Name: **2** Print Name:

Relationship to child: Relationship to child:

Emergency Contact Number: Emergency Contact Number:

.....

IMPORTANT! SIGNING OUT PROCEDURES

All children enrolled on our Sports Camps programme must be signed in and signed out of camp each day by an adult. All Sports Camps children must have a password assigned to them, to be used when collecting the child.

Password:

ONLINE BOOKINGS ARE AVAILABLE FOR SPORTS CAMPS. Bookings can be made in person (at the NIAC or Tennis Centre Reception), by telephone on 029 2041 6777 or by post with cheques* made payable to 'UWIC Co. Ltd' and returned to; Cardiff Met Dragon Camps/Sports Camps, NIAC, Cyncoed Campus, Cyncoed Road, Cardiff CF23 6XD. *If sending this form by mail, please contact us to confirm your fees before filling out a cheque.

SPORTS CAMPS BOOKING FORM

Please write down full name and dates of Sports Camps (see brochure for full course timetable);

Sports Camps:

Date:

Sports Camps:

Date:

Sports Camps:

Date:

Bookings must be made 24 hours in advance, we cannot guarantee same day bookings.

Does your child have any dietary or medical requirements?: Yes No

If yes, please provide details:

.....

.....

Do you provide photographic consent for your child?: Yes No

(To be used in Cardiff Met Sport marketing material)

Do you provide First Aid/Emergency treatment consent?: Yes No

(And if necessary, hospitalisation consent)

TERMS & CONDITIONS

- I have completed the Booking Consent Form in full.
- Bookings must be made 24 hours in advance, we cannot guarantee same day bookings.
- Payment is non-transferable and non-refundable unless of insufficient numbers to run the Camp.

Parent/Guardian Name: Date:

Signature:





SPORTS DATBLYGU
DEVELOPMENT CHWARAEON
Children's Sport Chwaraeon i Blant



SPORTS ACADEMIES

Cardiff Met Sport offer a range of sports academies for children aged between 4 and 16 years.

Academies run over an eight to twelve week period during the 3 school terms.

Athletics **Netball** **Gymnastics** **Hockey** **Badminton**
Swimming **Football** **Trampolining** **Squash** **Triathlon**

All sessions are delivered by qualified coaches trained and developed by Cardiff Met Sport

'Providing sporting opportunities to the wider community'

For more information or to book online visit
www.cardiffmet.ac.uk/juniorsportsdevelopment
or call 029 20416 777



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



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DEVELOPMENT CHWARAEON
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If you have any questions about Junior Sports Academies or would like to book please contact us at:



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