|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Sport*** | ***Age Category*** | ***Weeks*** | ***Day*** | ***Time*** | ***Start***  | ***End Date*** | ***Cost*** | ***Tick*** |
| **ATHLETICS** | Reception | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 21/01/20 | 31/03/20 |  |
| Weds | 22/01/20 | 01/04/20 |  |
| Thurs | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Year 1 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 21/01/20 | 31/03/20 |  |
| Weds | 22/01/20 | 01/04/20 |  |
| Thurs | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Year 2 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 21/01/20 | 31/03/20 |  |
| Weds | 22/01/20 | 01/04/20 |  |
| Thurs | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Year 3 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 21/01/20 | 31/03/20 |  |
| Weds | 22/01/20 | 01/04/20 |  |
| Thurs | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Year 4 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 21/01/20 | 31/03/20 |  |
| Weds | 22/01/20 | 01/04/20 |  |
| Thurs | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
| **ATHLETICS** | Year 5 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| 5.30-6.30pm |  |
| Tues | 4.30-5.30pm | 21/01/20 | 31/03/20 |  |
| Wed | 4.30-5.30pm | 22/01/20 | 01/04/20 |  |
| Thurs | 4.30-5.30pm | 23/01/20 | 02/04/20 |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Year 6 | 11 weeks | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| 5:30-6:30pm |  |
| Tues | 5.30-6.30pm | 21/01/20 | 31/03/20 |  |
| Wed | 5.30-6.30pm | 22/01/20 | 01/04/20 |  |
| Thurs | 4.30-5.30pm | 23/01/20 | 02/04/20 |  |
| 5.30-6.30pm |  |
| Fri | 5.30-6.30pm | 24/01/20 | 03/04/20 |  |
|  | Years 7 & 8 | 11 weeks | Mon | 5.30-6.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 5.30-6.30pm | 21/01/20 | 31/03/20 |  |
| Wed | 5.30-6.30pm | 22/01/20 | 01/04/20 |  |
| Thurs | 4.30-5.30pm | 23/01/20 | 02/04/20 |  |
| 5.30-6.30pm |  |
| Fri | 4.30-5.30pm | 24/01/20 | 03/04/20 |  |
|  | Years 9-13 | 11 weeks | Mon | 5.30-6.30pm | 20/01/20 | 30/03/20 | £61.25 |  |
| Tues | 5.30-6.30pm | 21/01/20 | 31/03/20 |  |
| Wed | 5.30-6.30pm | 22/01/20 | 01/04/20 |  |
| Thurs | 5.30-6.30pm | 23/01/20 | 02/04/20 |  |
| Fri | 4.30-5.30pm | 24/01/20 | 03/04/20 |  |
| **BADMINTON** | Shuttle Time | 11 | Mon | 5.00 – 6.00pm | 20/01/20 | 30/03/20 | £58.95 |  |
| Club (7+) | 11 | Mon | 6.00 – 8.00pm | 20/01/20 | 30/03/20 | £85.70 |  |
| **FOOTBALL ACADEMY DEVELOPMENT**(Boys & Girls welcome) | Girl’s ADC | 18 | Thurs | 4.30-5.30pm | 09/01/20 | 07/05/20 | £72.50 |  |
| U5-U8 | 18 | Thurs | 4.30-5.30pm | 09/01/20  | 07/05/20 | £72.50 |  |
| U9/10-U15 | 18 | Sun | 10.00-11.00am | 12/01/20 | 10/05/20 |
| **GYMNASTICS** | Level 1 & 2 | 11 | Mon | 4.30-5.30pm | 20/01/20 | 30/03/20 | £77.70 |  |
| Level 3 & 4 | Mon | 5.30-6.30pm | 20/01/20 | 30/03/20 |  |
| Level 5-7 | Wed | 4.30-5.30pm | 22/01/20 | 01/04/20 |  |
| Level 3 & 4 | Thurs | 4.30-5.30pm | 23/01/20 | 02/04/20 |  |
| Level 1 & 2 | Thurs | 5.30-6.30pm | 23/01/20 | 02/04/20 |  |
| Level 5-7 | Thurs | 6.30-7.30pm | 23/01/20 | 02/04/20 |  |
| Level 1 & 2 | Sat | 9.00-10.00am | 25/01/20 | 04/04/20 |  |
| Level 3 & 4 | Sat | 10.00-11.00am | 25/01/20 | 04/04/20 |  |
| **HOCKEY** | U13 Girls/Boys | 15 | Tues | 5.30-6.30pm | 21/01/20  | 19/05/20 | £80.40 |  |
| U15 Girls/Boys | 6.30-7.30pm |  |
| Age 6 - 11(School Years 2 - 6) | 15 | Sun | 10.00-11.00am | 26/01/20 | 24/05/20 | £80.40 |  |
| Hockey Tots5+ | 15 | Sun | 10:00-11.00am | 26/01/20 | 24/05/20 | £80.40 |  |
| **NETBALL** | Age 7-11(School Years 3-6) | 11 | Tues | 4.30-5.30pm | 21/01/20 | 31/03/20 | £61.25 |  |
| Age 12-16(School Years 7-11) |  |
| **SWIMMING** |  Stage 1Age 5+ | 11 | Wed | 4.15-4.45pm4.50-5.20pm5.25-5.55pm | 22/01/20 | 01/04/20 | £78.80 |  |
| Fri | 6.25-6.55pm | 24/01/20 | 03/04/20 | £78.80 |  |
| Sat | 10.10-10.40am | 25/01/20 | 04/04/20 | £78.80 |  |
| 10.45-11.15am |  |
| Sun | 1.05-1.35pm | 26/01/20 | 05/04/20 | £78.80 |  |
| 1.40 -2.10pm |  |
| 2.15-2.45pm |  |
| 2.50-3.20pm |  |
| Stage 2Age 5+  | 11  | Wed | 4.15-4.45pm | 22/01/20 | 01/04/20 | £78.80 |  |
| 5.25-5.55pm |  |
| Fri | 5.15-5.45pm | 24/01/20 | 03/04/20 | £78.80 |  |
| 5.50-6.20pm |  |
| Sat | 9.35-10.05am | 25/01/20 | 04/04/20 | £78.80 |  |
| 10.10-10.40am |  |
| Sun | 1.05-1.35pm | 26/01/20 | 05/04/20 | £78.80 |  |
| 2.15-2.45pm |  |
| 3.25-3.55pm |  |
| **SWIMMING** | Stage 3Age 5+Stage 3Age 5+ | 11 | Fri | 5.50-6.20pm | 24/01/20 | 03/04/20 | £78.80 |  |
| 6.25-6.55pm | £78.80 |  |
| Sat | 9.00-9.30am | 25/01/20 | 04/04/20 | £78.80 |  |
| 9.35-10.05am |  |
| 10.45-11.15am |  |
| Sun | 3.25-3.55pm | 26/01/20 | 05/04/20 | £78.80 |  |
|  |
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|  |
|  | Stage 4Age 5+ | 11 | Wed | 4.50-5.20pm | 22/01/20 | 01/04/20 | £78.80 |  |
| 5.25-5.55pm |  |
| Fri | 5.15-5.45pm | 24/01/20 | 03/04/20 | £78.80 |  |
| 5.50-6.25pm |  |
| Sat | 9.35-10.05am | 25/01/20 | 04/04/20 | £78.80 |  |
| 10.10-10.40am |  |
| Sun | 1.40-2.10pm2.50-3.20 pm3.25-3.55pm | 26/01/20 | 05/04/20 | £78.80 |  |
|  | Stage 5Age 5+ | 11 | Wed | 4.15-4.45pm | 22/01/20 | 01/04/20 | £78.80 |  |
| 4.50-5.20pm |  |
| Fri | 5.15-5.45pm | 24/01/20 | 03/04/20 | .80£78.80 |  |
|  |
| Sat | 9.00 – 9.30am | 25/01/20 | 04/04/20 | £78.80 |  |
| 10.45-11.15am |  |
| Sun | 1.40-2.10pm | 26/01/20 | 05/04/20 | £78.80 |  |
| 2.15-2.45pm |  |
| 2.50-3.20pm |  |
|  | Stage 6Age 5+ | 11 | Fri | 7.00-7.30pm | 24/01/20 | 03/04/20 | £78.80 |  |
| 7.30-8.00pm |  |
| Sat | 12.20-12.50pm | 25/01/20 | 04/04/20 | £78.80 |  |
| Sun | 5.00-5.30pm | 26/01/20 | 05/04/20 | £78.80 |  |
| 5.30-6.00pm |  |

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|  | Stage 7Age 5+ | 11 | Thurs | 5.30-6.30pm | 23/01/20 | 02/04/20 | £105.25 |  |
| Sat | 11.20-12.20 | 25/01/20 | 04/04/20 | £105.25 |  |
| Sun | 6.00-7.00pm | 26/01/20 | 05/04/20 | £105.25 |  |
|  | Stage 8Age 5+ | 11 | Tues | 7.00-8.00pm | 21/01/20 | 31/03/20 | £105.25 |  |
|  |
| Sun | 5.00-6.00pm | 26/01/20 | 05/04/20 | £105.25 |  |
|  | Stage 9Age 5+ | 11 | Tues | 7.00-8.00pm | 21/01/20 | 31/03/20 | £105.25 |  |
| Thurs | 5.30-6.30pm | 23/01/20 | 02/04/20 | £105.25 |  |
| Sat | 11.20-12.20 | 25/01/20 | 04/04/20 | £105.25 |  |
| Sun | 4.00-5.00pm | 26/01/20 | 05/04/20 | £105.25 |  |
|  | Stage 10/SQUADAge 5+ Stage 10/SQUAD Age 5+ | 1111 | Wed | 6.00-7.00pm | 22/01/20 | 01/04/20 | £105.25 |  |
| Fri | 7.00-8.00pm | 24/01/20 | 03/04/20 | £105.25 |  |
| Sun | 4.00-5.00pm | 26/01/20 | 05/04/20 | £105.25 |  |

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| **TRAMPOLINING** | EntryAges 5+ | 11 | Mon | 5.30-6.30pm | 20/01/20 | 30/03/20 | £71.40 |  |
| 11 | Sat | 9.00-10.00am | 25/01/20 | 04/04/20 | £71.40 |  |
|  | 10.00-11.00am |  |
| **TRIATHLON** | DevelopmentAge 7+ | 11 | Wed | 5:00-7:00pm | 22/01/20 | 01/04/20 | £71.40 |  |
| CompetitiveAge 7+ | 11 | 6.00-8.00pm |  |
| DevelopmentAge 7+ | 11 | Thurs | 4.30-6.30pm | 23/01/20 | 02/04/20 | £71.40 |  |
| **VOLLEYBALL** | 7-16yrs | 11 | Wed  | 6.00-7.30pm | 22/01/20 | 01/04/20 | £53.46 |  |

**Please tick choice of class and complete Registration Form – one registration form for each child**

**Academy Registration Forms**

Please ensure you complete the attached academy registration form for your child, further copies can be found on our website [www.cardiffmet.ac.uk/sportsacademies](http://www.cardiffmet.ac.uk/sportsacademies) or from one of our reception desks.

Please complete a separate form for each child.

PAYMENT: I enclose payment of £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payments can be made online, in person, by post or by telephone (Please mark as appropriate)

Cash

Credit Card; Telephone 029 2041 6777

Cheque; Payable to Cardiff Met Co. Ltd

* Discount available to Sport & Leisure Club Members
* Courses run continuously as listed and course fees are non-refundable and non-transferable unless there are insufficient numbers to run the course
* Please inform (in writing) Linda Carwardine at Cardiff Met Sports Facilities, Cyncoed Road, Cardiff if your child has any medical or special needs and also inform the coach at the start of the lessons
* Please ensure your child waits for you at the designated areas and they inform their coach if you do not arrive on time. Children should not leave the area until you arrive to collect them.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent/Guardian

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return registration form and appropriate payment to Cardiff Met Sports Facilities, Cyncoed Road, Cyncoed, Cardiff, CF23 6XD For further enquiries telephone 029 20 416777

**Details Office Ref**

Childs Name………………………………………. Membership ID…………………………….. (if known)

Date of Birth……………………………………….. Home Telephone No.…………………………………..

Address…………………………………………………………………………………………………………..

…………………………………………………………Post Code………………………………………..…....

Work Telephone No.………………………………...Mobile Telephone No.………………………………….

E-mail address…………………………………………….

**Marketing Opt In**

I consent to Cardiff Metropolitan University’s Sports Facilities sending me marketing material by ticking this box.

**Emergency Contact Names and Numbers**

Name …………………………………………….. Number ……………………………………………..

Name …………………………………………….. Number ……………………………………………..

**First Aid**

Cardiff Met Sports Courses request parental permission to administer medication, to give first aid and to obtain emergency

treatment, and if necessary hospitalisation

Parent/Guardian Name (print) …………………………………….. Signature ………………………………………….

**Medical requirements or special needs**

Does your child have any medical requirements or special need that we should be aware of

Yes No If Yes, please provide further details

……………………………………………………………………………………………………………………………………..

For details on how your information is stored and processed please see our privacy statement - this can be found at [www.cardiffmet.ac.uk/about/sport/childrens](http://www.cardiffmet.ac.uk/about/sport/childrens)

**Photographic Consent**

For promotion specific to Cardiff Met, the manager may take photos of the children playing sport from time to time. Photographs are stored on a password protected file and are only accessible to Sports Facilities Managers. Please tick if you are happy for photographs to be taken.

Yes *I am happy for photographs to be taken and used for Cardiff Met promotional material*

**I confirm I have read the Academy Information Sheet on the reverse of this form and understand it is my responsibility to update Cardiff Met Sport in writing (****sport@cardiffmet.ac.uk****) if any changes need to be made.**

**Parent/Guardian: Name**……………………………**Signature** …………………………………**Date** ……………

**Academy Information Sheet**

**Academy Registration Forms**

Please ensure you have completed an academy registration form for your child, these can be collected from reception. Please inform (in writing) Linda Carwardine at Cardiff Met Sports Facilities, Cyncoed Road, Cardiff if your child has any medical or special needs and also inform the coach at the start of the lessons.

**Campus Safety**

Please be advised that car parking on the Cyncoed Campus can become very busy. We recommend leaving plenty of time to park your car before arriving for an activity. Cardiff Met’s Cyncoed Campus is a Pay and Display Campus, but you do have a 15 minute drop off and pick up period when dropping or collecting your child from their academy class. If dropping off or collecting from NIAC, please use the specifically designed ‘Drop off Zone’ point located outside NIAC. Please ensure zebra crossings and surrounding areas are kept clear at all times. If the campus barrier is down when you arrive, please use the buzzer to request access to drop off/pick up your child from their academy class. Your request will be answered by Campus Security as soon as possible. Please do not try to by-pass the barrier and tail-gate another vehicle into the Campus. The safety of the children is of paramount importance and we kindly ask that parents abide by the car parking rules. **Our app will give you full details and a map of our overflow car park; as will our website**.

**Children Moving Around Campus**

Please ensure your child waits for you at the designated areas and informs the coach or the reception desk if you do not arrive on time. Children should not leave the area until you arrive to collect them.

If a child attends more than one academy/activity on the same day, the parent is responsible for the safe movement of their child between facilities.

**Communication**

***Instagram***- ‘Cardiff Met Sport’ stay up to date with our latest news, special offers and forthcoming events.

***Mobile App*** - Stay up to date with all Cardiff Met Sport services by downloading our **free mobile app** – visit [www.cardiffmet.ac.uk/sport-app](http://www.cardiffmet.ac.uk/sport-app) for further information and to download for your device.

***Website*** - [www.cardiffmet.ac.uk/sport](http://www.cardiffmet.ac.uk/sport). Please visit our website for details of our children’s sport activities, membership information and opening hours. Please ensure you check our website in the event of any adverse weather conditions.

**Memberships**

All Sports and Fitness Junior Members receive 10% discount on Academy Courses and parents of children who attend our Academies also receive a 40% discount on our 3 month Sports & Fitness Membership package. Please visit our website [www.cardiffmet.ac.uk/sportsmembership](http://www.cardiffmet.ac.uk/sportsmembership) for details

**Easter and Summer Dragon Camps and Holiday Activity Camps**

Our multi-activity Dragon Camps are open to children aged 4–14 years and run each day (excluding bank hols) of the Easter and Summer school holidays. Visit [www.cardiffmet.ac.uk/dragoncamps](http://www.cardiffmet.ac.uk/dragoncamps) for more information or call 029 2041 6777. We also have Easter and Summer Sports Camps for children of all abilities in a number of sports please visit [www.cardiffmet.ac.uk/juniorsportsdevelopment](http://www.cardiffmet.ac.uk/juniorsportsdevelopment)

**Online Bookings**

Current children rebooking the same class can book online [www.cardiffmet.ac.uk/onlinebookings](http://www.cardiffmet.ac.uk/onlinebookings).

Easter and Summer Sports Camps can also be booked online, but unfortunately this online facility is not available for Dragon Camp bookings.

**Academy Fees**

All course fees have to be paid in advance of the start date of the academy and are non-refundable and non-transferable unless there are insufficient numbers to run the course when a full refund would be given. However, in the case of extreme snow/ weather or any other reason outside the reasonable control of the University, we will be unable to offer refunds.

To enable us to contact all parents instantly with issues such as bad weather please download our app [www.cardiffmet.ac.uk/sport-app](http://www.cardiffmet.ac.uk/sport-app).

**GDPR**

We’re writing to let you know that we've updated our privacy notice to reflect changes in data protection law and this can be found on our website [www.cardiffmet.ac.uk/about/sport/childrens](http://www.cardiffmet.ac.uk/about/sport/childrens). We have also updated our Terms and Conditions of use and Health Statement this can be found on our website. <http://www.cardiffmet.ac.uk/about/sport/childrens/Documents/11TermsandConandHealthStatement.pdf>

**RIGHT TO ERASURE**

Please be advised that you have the right to contact us to stop receiving this information sheet and we are legally obligated to reply to you within one month of receiving your request. Please email onlinebookings@cardiffmet.ac.uk