



# Welcome to Cardiff Medical Sports & Social Club

University Hospital of Wales, Heath Park, Cardiff CF14 4XW

## **SPORTS COMPLEX OPENING TIMES**

**MONDAY - FRIDAY: - 6.30am – 10pm\***

*Please note Swimming Pool opens at 7 am Monday to Friday*

**SATURDAY: - 8am – 6pm\***

**SUNDAY: - 9am – 8pm\***

*\*EXCEPT WHEN CLASSES APPLY*

### ***FACILITIES***

FITNESS SUITE, SWIMMING POOL,  
BADMINTON COURTS, SQUASH COURTS, THERAPY SUITE

**SPORTS HALL AVAILABLE FOR-**  
INDOOR FOOTBALL, NETBALL, VOLLEYBALL & BASKETBALL

**All guests must pay the *DAY MEMBERSHIP FEE* & the *USAGE FEE***

**DIRECT DEBIT  
NOW AVAILABLE FOR  
MEMBERSHIP FEES &  
MONTHLY TICKETS**



Scan for instant website access

## **THREE FEATHERS LOUNGE**

**MONDAY-FRIDAY: - 8.30am – 11.00pm**

**SATURDAY: - 11.00am – 11.00pm**

**SUNDAY: - 7.00pm – 10.30pm**

For further details **Tel:(029) 207 42440**

or visit our website **[www.cmcsportsandsocialclub.co.uk](http://www.cmcsportsandsocialclub.co.uk)**

or email us at **[info@cmcsportsandsocialclub.co.uk](mailto:info@cmcsportsandsocialclub.co.uk)**

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GREAT PRICES on  
MONTHLY TICKETS

## SWIMMING POOL

GREAT DEAL  
FOR STUDENTS

MEMBERS ADULT £2.45 CHILDREN/RETIRED £1.60  
GUESTS ADULT £4.20 CHILDREN/RETIRED £2.40

AFTER 9:00pm – 10:00pm MEMBERS SWIM £2-00 GUEST £3-75

Please note Swimming Pool opens at 7 am Monday to Friday

### REGULAR SWIMMING CLASSES

MONDAY	10.45am – 11.45am 4.30pm – 5.30pm	WATER BABIES** (Half pool) SWIM CLUB* (Pool Closed)
TUESDAY	4pm – 6pm 7pm – 9pm	CHILDREN'S SWIMMING LESSONS (One lane) ADULT SWIMMING CLASSES* (Pool Closed)
WEDNESDAY	10.15 – 11.15am 8pm – 9pm	WATER BABIES** (Half pool) PHOENIX DIVING SCHOOL (Half Pool)
FRIDAY	4pm – 6pm	CHILDREN'S SWIMMING LESSONS (One lane)
SATURDAY	9am – 12pm	CHILDREN'S SWIMMING LESSONS* (Pool Closed)

### CHILDREN'S SWIMMING TIMES including FUN HOURS

™Member's children aged 9 years and over can swim at these times unaccompanied by an adult, at all other times children must be accompanied by an adult member.

In the CHILDREN'S SWIMMING TIMES an adult or member child must accompany non-member children. Non-member children must be accompanied by an adult at all other times.

No children allowed in pool between 12 noon and 2 p.m. during school holidays and after 9 pm every day, 5pm to 6pm on Saturday and 7pm to 8pm on Sunday.

One adult member on a 1 to 2 basis for children under 9 years old at all times, remember 1 adult member to 2 children maximum.

DAY	CHILDRENS' SWIM TIME & FUN PLAY
SATURDAY:	2pm – 3.45 pm
SUNDAY:	10am – 11.45 noon ™ 2pm – 3.45 pm ™
WEDNESDAY: (not during	4.15pm - 5.15pm
FRIDAY: school holidays)	4.15 p.m. - 5.15pm

™ These times also apply every day during school holidays.

#### CONCESSIONARY SWIMS FOR STUDENTS

SPECIAL DEALS FOR SWIMMERS

ASK AT RECEPTION FOR FURTHER DETAILS

**Retired Membership** fee now includes **FREE SWIMMING** 9am-12noon & and 2pm-4pm every day. You must have current membership card with at all times.

Function and Meeting Rooms available for hire

# FITNESS SUITE

60 minute sessions MEMBERS £2-80 GUESTS £4-55

**FITNESS ASSESSMENTS AVAILABLE - SPECIAL DEALS FOR FITNESS SUITE  
ASK AT RECEPTION FOR FURTHER DETAILS**

For **VIBRO**<sup>2</sup> TRAINING call Craig on 07735 590990

SQUASH COURT  
2 x 40 MINUTE COURTS  
£4-90 per 40 minute COURT

BADMINTON COURTS  
6 x COURTS  
£4-90 per 55 MINUTE COURT  
£4-60 per 40 MINUTE LUNCH TIME COURT

**GUESTS PAY £2.75**

9:20pm – 9:50pm court £1.75 + £2.75 FOR GUEST FEES

**JUNIOR GUESTS PAY £1.40**

## SPORTS HALL

**AVAILABLE FOR BADMINTON, BASKETBALL, INDOOR FOOTBALL & VOLLEY BALL  
CHARGE FOR HIRE OF SPORTS HALL FOR BASKETBALL ETC:-**

Member & Guests MAX 10 people **£30**

**ALL** Members MAX 10 people **£25.00**

1 court booked **MAX 5** people **£12 / £15**

2 courts **MAX 8** people **£22 / £25**

Facilities can be booked up to 7 days in advance, commencing 10.00 a.m. daily. Only current Members may book and pay for facilities and must produce a current membership card when paying and at all other times. Payment can be made on arrival at the Club on the day of playing. Facilities not paid for or not cancelled 48 hours prior to playing will be billed for. Facilities booked within the 48 hours time frame are still to be paid for if cancelled or if Member does not turn up. Guests are required to pay the appropriate usage and guest fees as stated at all times.

REGULAR CLASSES (see overleaf)	CHARGE PER CLASS		
	Member	Guest	
BODY WEIGHT TRAINING / UPPER BODY TONE / KETTLEBELLS	£2.20	£3.95	
YOGA / PILATES / CIRCUITS / HIIT MADNESS / STEP AEROBICS / LEG, BUMS & TUMS	£2.80	£4.55	
<b>DIRECT DEBIT NOW AVAILABLE FOR MEMBERSHIP FEES &amp; MONTHLY TICKETS</b>	CIRCUITS (WEIGHTS ROOM)	£3.60	£5.35
	SPIN 25 min CLASS	£3.25	£4.90
	SPIN 40 min CLASS	£4.85	£6.50

**GREAT DEALS FOR  
MEMBERS**

MONTHLY SWIM TICKET

£22.00

MONTHLY GYM TICKET

£26.20

## THERAPY ROOM *available for hire*

CHIROPODY/REFLEXOLOGY:

TUESDAY - 10.30 am – 2.00 pm.

MARIE KELLETT:

SPORTS MASSAGE THERAPIST – RING 07779 015471

**Members can now PROPOSE  
Family & Friends for  
MEMBERSHIP**

### NON-MEMBER USAGE TIME

<b>MONDAY – FRIDAY</b>	<b>9am – 11:30 am</b>
	<b>2pm – 3:30 pm</b>
	<b>8pm – 10pm</b>
<b>SATURDAY/SUNDAY</b>	<b>9am – 6pm</b>

**Why not join?  
Ask at Reception  
for further details**

	"DROP IN" CLASSES	COURSES BOOKED & PAID FOR IN ADVANCE	BAR
MONDAY	Free Style Fitness Yoga - 12.30 - 1.15 Circuits - 5.30-6.30 pm Spin - 5.30 – 6.15 & 6.15-7 pm	1 TO 1 ADULT SWIMS LESSON AVAILABLE	
TUESDAY	Spin – 12.15 – 12.45 & 12.45-1.15 Upper Body Tone – 5 – 5.30 pm Step Aerobics – 5.30-6.15 pm Legs, Bums & Tums 6.15 – 7 pm	*CHILDRENS SWIM CLASS 4.00- 6.00pm *ADULT SWIM CLASS 7 – 9pm	Freshly brewed tea & coffee available Monday to Friday from 8.30 am. Full breakfast from 9 am
WEDNESDAY	<b>Spin Class 7.15 am – 7.45 am</b> Pilates 12.30 – 1.15 pm <b>Body Weight Training 5 – 5.30 pm</b> <b>Kettlebells 5.30 – 6 pm</b> Spin – 5.30- 6.15 & 6.15 – 7pm Circuit Weights- 7 -8 pm	1 TO 1 ADULT SWIMS LESSON AVAILABLE	QUIZ NITE
THURSDAY	<b>Mummy &amp; Me Fitness Class 1.30 – 2.15</b> ABS Blast – 5 - 5.30 pm Step Aerobics - 5.30 – 6.15 pm <b>HIIT Madness - 6.15-7 pm</b>	1 TO 1 ADULT SWIMS LESSON AVAILABLE	
FRIDAY	Pilates 12.30-1.15 pm <b>Easy Ride Spin 5.30 – 6.15</b> <small>Low Intensity</small> Spin 6.15 – 7 pm	*CHILDRENS SWIM CLASS 4.00- 6 pm	LOUNGE BAR AVAILABLE FOR HIRE
SATURDAY		*SWIM CLASSES 9 – 12 pm	

\*Courses are booked and paid for in advance and usually coincide with school term times.

#### CLUBS THAT USE THE FACILITIES

MONDAY	10.15 -11.45 am 8.30 -10 pm 7 – 9 pm	WATER BABIES (1/2 the pool) KARATE BUDOKAN STUDENT NETBALL	THERAPY ROOM
TUESDAY	7 - 10 pm	BADMINTON CLUB (CLUB NIGHT)	CHIROPODIST 10.30 – 2.00
WEDNESDAY	10.15 – 11.15 am 6 - 8 pm 6 – 8 pm 8 – 9 pm 8 - 10 pm	WATER BABIES (1/2 the pool) JUNIOR BADMINTON CLUB TAEKWONDO PHOENIX DIVING SCHOOL (1/2 the pool) AIKIDO	Marie Kellett Sports Therapist 07779 015471
THURSDAY	7 – 10 pm 7 – 9 pm	BADMINTON CLUB (CLUB NIGHT) KARATE	
SATURDAY	9 – 11 am 10 – 12 pm	KENDO KARATE DO SHOTOKAI	
SUNDAY	12 – 1 pm 5 – 6.55 pm	LITTLE TIGER JUNIOR KARATE TAEKWON DO SCHOOL	

SPORTS HALL IS AVAILABLE FOR BADMINTON, BASKETBALL, INDOOR FOOTBALL and NETBALL & VOLLEYBALL.

ALL CLASSES AND COURSES ARE AVAILABLE TO NON-MEMBERS, SUBJECT TO AVAILABILITY.