

# TIMETABLE

## MONDAY

Class	Age	Time	Price
Parent/Toddler Gymnastics	0 - 5	10.00am - 11.00am	£3.50
Structured Tiny Tumblers	3 - 4	12.45pm - 1.30pm	£42 (10 week course)
Structured Tiny Tumblers	3 - 4	2.00pm - 2.45pm	£42 (10 week course)
Reception Age Gymnastics	4 - 5	4.15pm - 5.00pm	£42 (10 week course)
Boys Recreational	5 - 12	4.30pm - 5.30pm	£42 (10 week course)
Boys Novice	Invitation Only	4.30pm - 6.30pm	Monthly Fee
Boys Elite	Invitation Only	5.30pm - 8.00pm	Monthly Fee
Girls Recreational	10 +	4.15pm - 5.15pm	£42 (10 week course)
Girls Elite	Invitation Only	4.30pm - 8.00pm	Monthly Fee
Free Running	10 - 16	8.00pm - 9.30pm	£4.50

## TUESDAY

Class	Age	Time	Price
Mother/Toddler Gymnastics	0 - 5	10.00am - 11.00am	£3.50
Structured Tiny Tumblers	3 - 4	11.30am - 12.15am	£42 (10 week course)
Mother/Toddler Gymnastics	3 - 4	12.45pm - 1.45pm	£3.50
Structured Tiny Tumblers	3 - 4	2.00pm - 2.45pm	£42 (10 week course)
Boys Elite	Invitation Only	4.30pm - 8.00pm	Monthly Fee
Boys Novice	Invitation Only	4.30pm - 6.30pm	Monthly Fee
Girls Recreational	5-12	4.15pm - 5.15pm	£42 (10 week course)
Girls Novice	Invitation Only	5.30pm - 7.30pm	Monthly Fee
Rythmic Squad Session	Invitation Only	4.30pm - 7.00pm	Monthly Fee
Adult Gymnastics		8.00pm - 10.00pm	£4.50 / £30 Monthly

## WEDNESDAY

Class	Age	Time	Price
Parent/Toddler Gymnastics	0 - 5	10.00am - 11.00am	£3.50
Parent/Toddler Gymnastics	0 - 5	11.00am - 12.00am	£3.50
Structured Tiny Tumblers	3 - 4	12.45am - 1.30pm	£42 (10 week course)
Structured Tiny Tumblers	3 - 4	2.00am - 2.45pm	£42 (10 week course)
Girls Recreational	5 - 9	4.15pm - 5.15pm	£42 (10 week course)
Tumbling Recreational	5 - 10	4.30pm - 5.15pm	£42 (10 week course)
Tumbling Squad	Invitation Only	5.30pm - 7.30pm	Monthly Fee
Girls Elite	Invitation Only	4.30pm - 7.30pm	Monthly Fee
Teen Gymnastics		7.30pm - 9.00pm	£4.50
Trampoline	5+	4.30pm - 6.30pm	£6 or £50 for 10 weeks

## THURSDAY

Class	Age	Time	Price
Parent/Toddler Gymnastics	0 - 5	10.00am - 11.00am	£3.50
Structured Tiny Tumblers	3 - 4	11.30am - 12.15pm	£42 (10 week course)
Parent/Toddler Gymnastics	0 - 5	12.45pm - 1.45pm	£3.50
Structured Tiny Tumblers	3 - 4	2.00pm - 2.45pm	£42 (10 week course)
Reception Age Gymnastics	4 - 5	4.30pm - 5.15pm	£42 (10 weeks course)
Boys/Girls Recreational	5 - 12	4.30 pm - 5.30pm	£42 (10 week course)
Rythmic Squad Session	Invitation Only	4.30pm - 7.00pm	Monthly Fee
Girls Novice	Invitation Only	5.30pm - 7.30pm	Monthly Fee
Boys Novice	Invitation Only	4.30pm - 6.30pm	Monthly Fee
Boys Elite	Invitation Only	5.30pm - 8.00pm	Monthly Fee
Free Running	10+	7.30pm - 9.30pm	£4.50

## FRIDAY

Class	Age	Time	Price
Parent/Toddler Gymnastics	0 - 5	10.00am - 11.00am	£3.50
Boys/Girls Recreational	5 - 12	4.00pm - 5.00pm	£42 (10 week course)
Boys Recreational	4 - 7	4.30pm - 5.30pm	£42 (10 week course)
Girls Elite	Invitation Only	4.30pm - 7.30pm	Monthly Fee
Adult Gymnastics		7.30pm - 9.30pm	£4.50 / £30 Monthly

## SATURDAY

Class	Age	Time	Price
Boys/Girls Recreational	5 - 9	9.00am - 9.45am	£42 (10 week course)
Reception age Gymnastics	3 - 4	9.00am - 9.45am	£42 (10 week course)
Tiny Tots	3 - 4	9.45am - 10.30am	£3.50
Recreational Rythmic	5+	10.00am - 11.00am	£42 (12 week course)
Girls Elite	Invitation Only	10.00am - 2.00pm	Monthly Fee
Boys Elite	Invitation Only	8.00am - 12.00pm	Monthly Fee
Open Trampoline	5+	9.30am - 12.30pm	£6 or £50 for 10 weeks
Drop In Recreational Tumbling	4 - 10	12.15pm - 1.00pm	£4
Tumbling Squad	Invitation Only	12.15pm - 2.00pm	Monthly Fee
Free Running	Age 8 +	6.00pm - 7.30pm	£4.50
Adult Gymnastics		7.30pm - 9.00pm	£4.50 / £30 Monthly

## SUNDAY

Class	Age	Time	Price
Tiny Tots	3 - 4	10.00am - 10.45am	£3.50
Girls/Boys Recreational	5 - 9	11.00am - 12.00pm	£4.00
Girls/Boys Recreational	10 - 16	12.00pm - 1.00pm	£4.00



# PARTY TIME!



CCYC officially credited as a safe, effective club and has gained the Gymmark status.

## GYMNASTICS ARENA

Fancy having a Birthday Party within the fantastic gymnastics facility?

We can provide various birthday themes including gymnastics & free running

### STARTING PRICE

Just £120 - Up to 20 children

£160 - 21 to 40 children

All parties include invitations and squash. Hot & Cold food options for £2 a head.

£20 surcharge to all parties if own food provided.



## WEIGHTS ROOM

£3.30 a session, or £20 a month (No contract)

Monday 9.00 am - 9.15pm

Tuesday 9.00am - 10.00pm

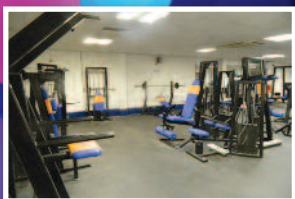
Wednesday 9.00am - 9.30pm

Thursday 9.00am - 9.15pm

Friday 9.00am - 9.30pm

Saturday 8.00am - 9.00pm

Sunday 9.00am - 6.00pm



## Cardiff Central Sports and Recreation LTD

T/A Cardiff Central Youth Club, Ocean Park, Ocean Way, Cardiff, CF24 5HF.

Tel: 02920 461988

Registered Charity No : 1143553.

Registered in England and Wales Company No 07667261