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SWIM VID

## Strive for excellence. Always.



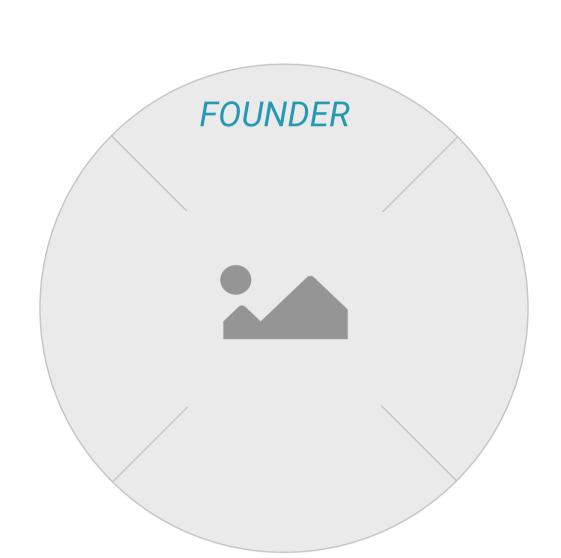


## World class swimming centre for world class swimmers.

When I began training for the Ironman triathalon in 2005, I quickly became frustraited with the offering from my local swimming pools. They were often overcrowded so I couldn't train at the speeds I needed to and didn't offer any equipment or training.

I decided shortly after to create the Cardiff Swim Centre, a company where elite adult and teen swimmers are put first. You don't have to be an excellent swimmer when you start here. But you will be.

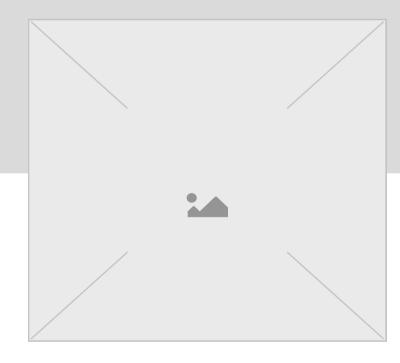
Chloe Gernind, Founder and CEO



#### What we offer

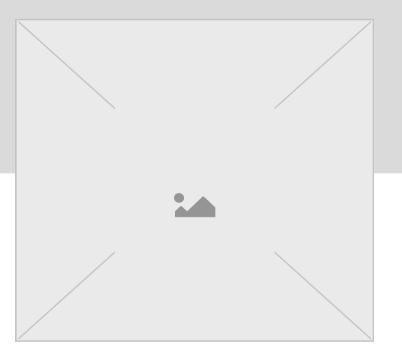
Below are our facilities. Find out the price of a swimming session or membership.

### At the pool



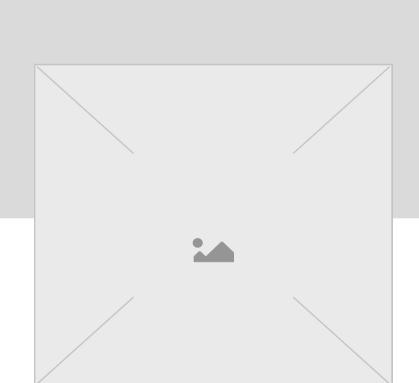
#### 50m Olympic Pool

- 16m depth
- 3m, 10m and springboard boards
- Lane swimming Belt bungee available



## Open water swimming pod

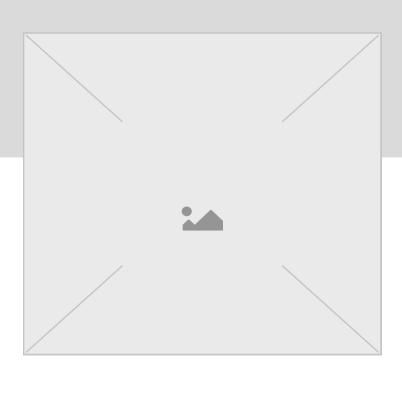
- Counter-current swimming machine to
- simulate open water swimming · Training sessions available with an experienced mentor
- Swim mirror so you can see your stroke



### Cafe and rest area

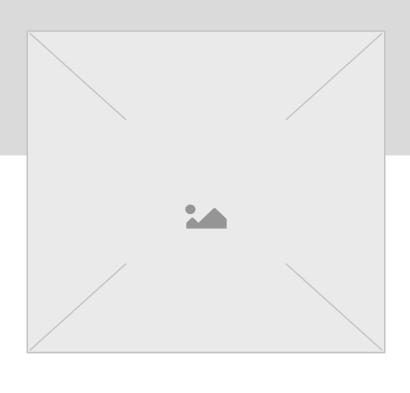
- Locally sourced produce to give you the fuel you need
- Comfortable rest area with X for you to socialise with other swimmers and take some much-deserved rest

## Equipment and training



#### Swimming accessories available to purchase

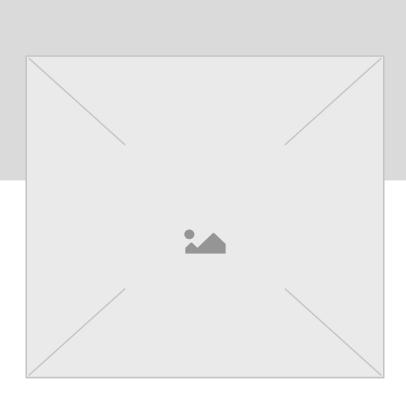
- Swimming caps Swimming googles
- Bathing suits Kickboards
- Nose clips



#### Equipment free to use for members

Kickboards

- Pull buoys Snorkels
- Training fins Hand paddles



#### Members-only training plan

Members are given a 12-week training plan written by an experienced mentor after a consultation on training goals.

Pricing for members









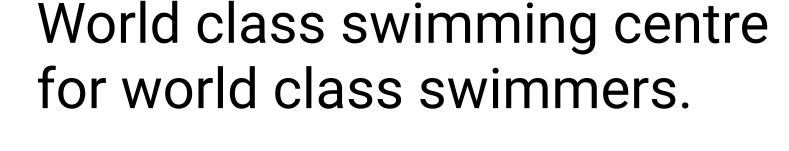
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**▶ ▶**| **♦** 

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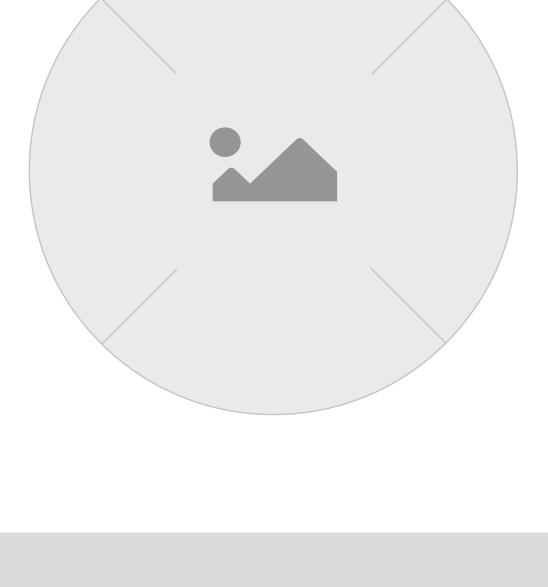
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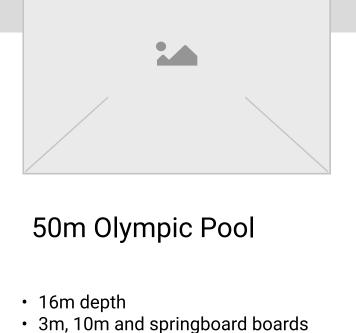
**FOUNDER** 

a company where elite adult and teen swimmers are put



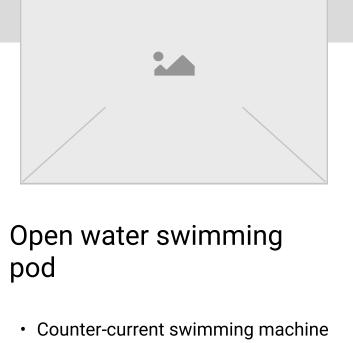
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What we offer



Lane swimming

• Belt bungee available



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  Training sessions available with an experienced mentor
  Swim mirror so you can see your
- stroke

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Pricing
How to get to us











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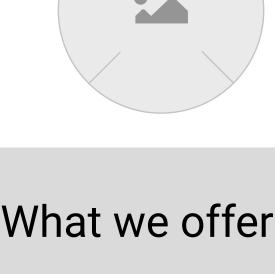
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