



HERO IMAGE

Just keep swimming

Train at Cardiff's premier pool for premier swimmers



Join



World class pool

- Olympic-sized 50m pool
- 16m depth at deepest point
- 3m, 10m and springboard diving boards
- Training equipment available

Facilities

Member benefits

- Free access to equipment
- 12-week training programme
- Lane booking
- Free access to training classes

See Prices

MOVING
POOL LANE
IMAGE

Our ethos

We founded the Cardiff Swim Centre in 2006 to give a premier swimming experience devoid of busy lanes, long queues and packed changing rooms.

Like our customers, we believe in being the best. We've put training at heart of your experience with us.

Get to know us

THE CENTRE



Open 8am-6pm on weekdays
8am-10pm on weekends

Free parking, validate ticket at front desk



[Home](#) [About](#) [Timetable](#) [Pricing](#) [Contact](#)

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Pricing

How to get to us





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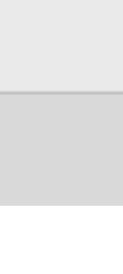
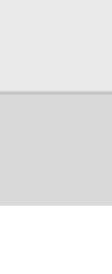
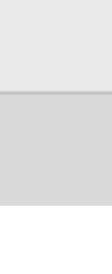


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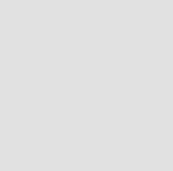
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SWIM VID

Strive for excellence. Always.



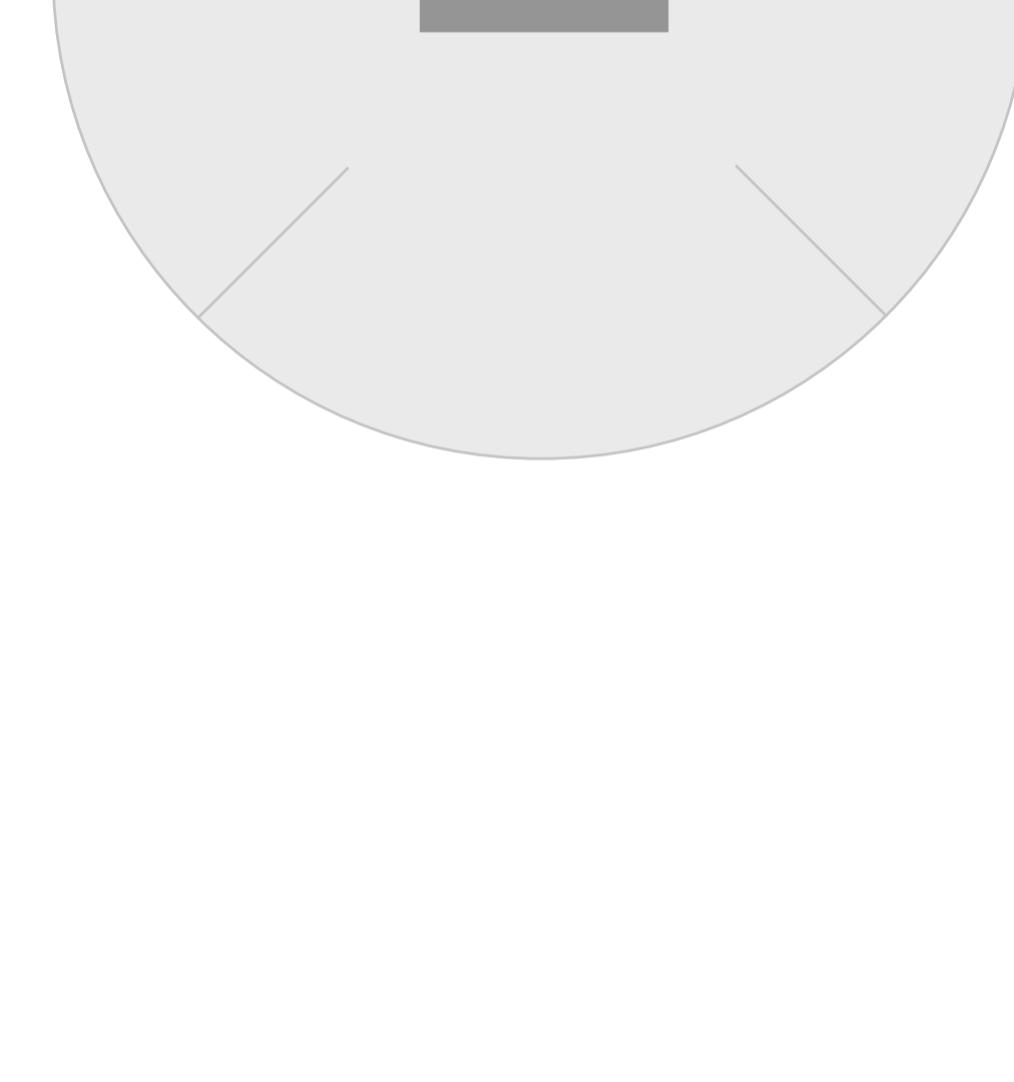
▶ ▶ 🔍 5:07 / 15:28 CC HD 🎧 ☰

World class swimming centre for world class swimmers.

When I began training for the Ironman triathlon in 2005, I quickly became frustrated 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.**

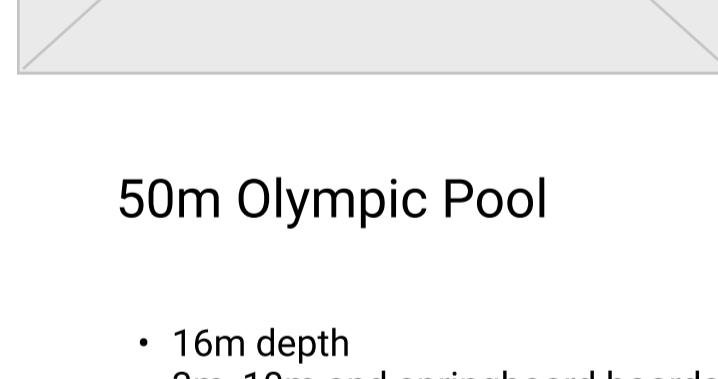
Chloe Gernind, Founder and CEO



What we offer

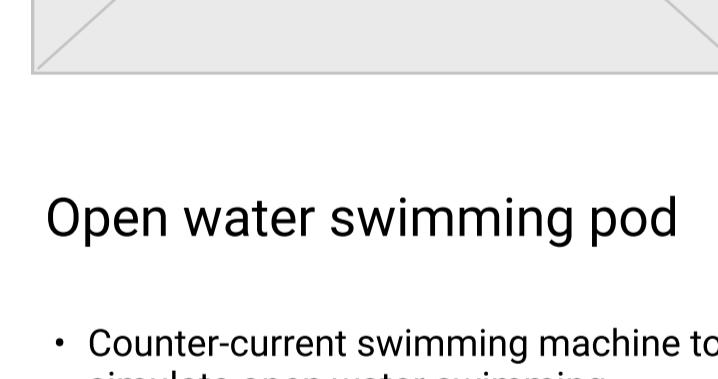
Below are our facilities. Find out the price of a swimming session or membership.

At the pool



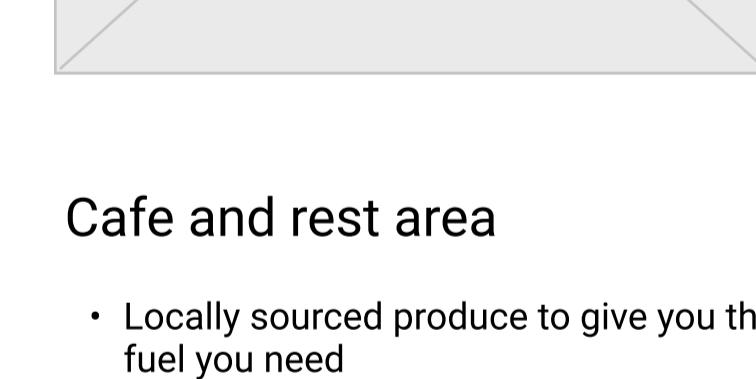
50m Olympic Pool

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



Open water swimming pod

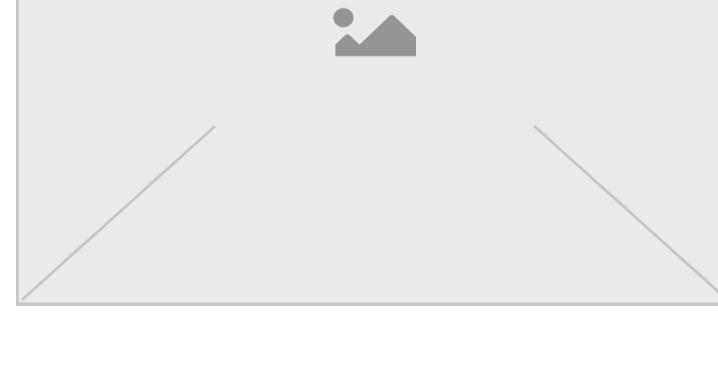
- Counter-current swimming machine to simulate open water swimming
- Training sessions available with an experienced mentor
- Swim mirror so you can see your stroke



Cafe and rest area

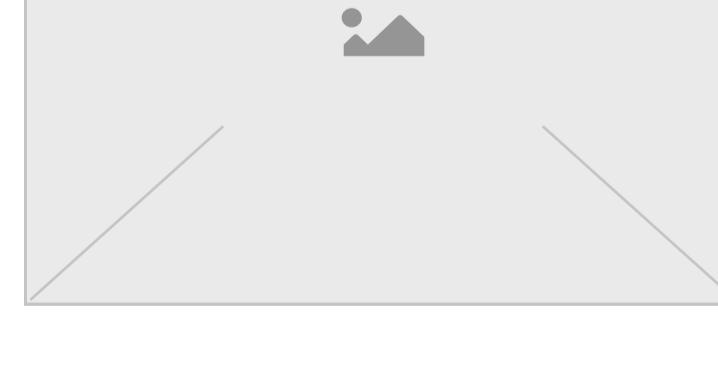
- Locally sourced produce to give you the fuel you need
- Comfortable rest area with X for you to socialise with other swimmers and take some much-deserved rest

Equipment and training



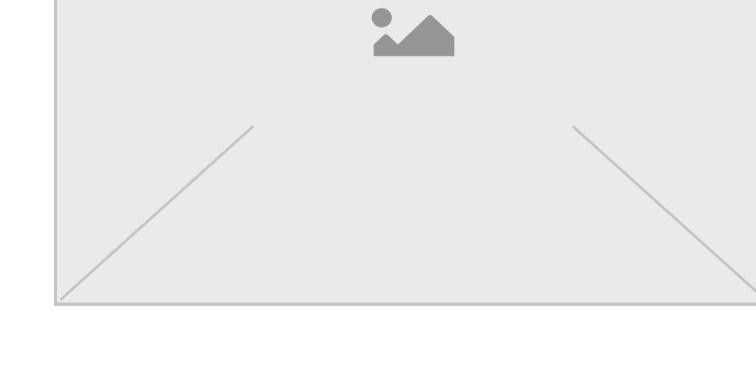
Swimming accessories available to purchase

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



Equipment free to use for members

- Kickboards
- Pull buoys
- Snorkels
- Training fins
- Hand paddles



Members-only training plan

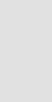
Members are given a 12-week training plan written by an experienced mentor after a consultation on training goals.

Pricing for members



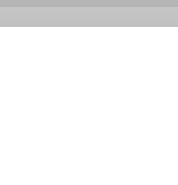
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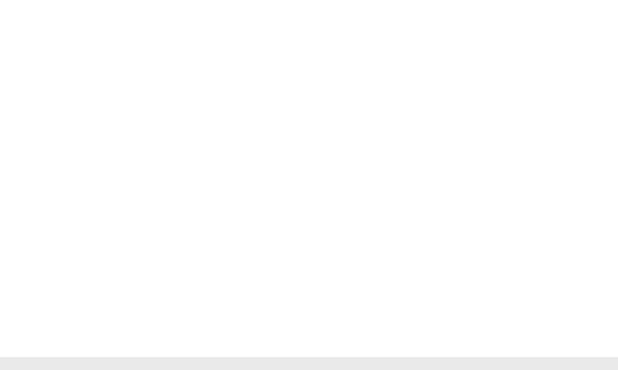
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FOUNDER



What we offer

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



50m Olympic Pool



Open water swimming pod

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

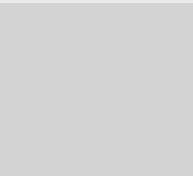
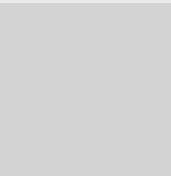
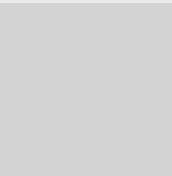
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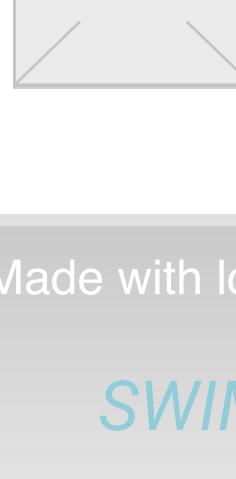


Contact us

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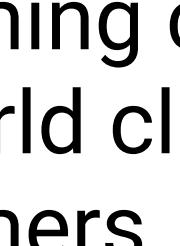


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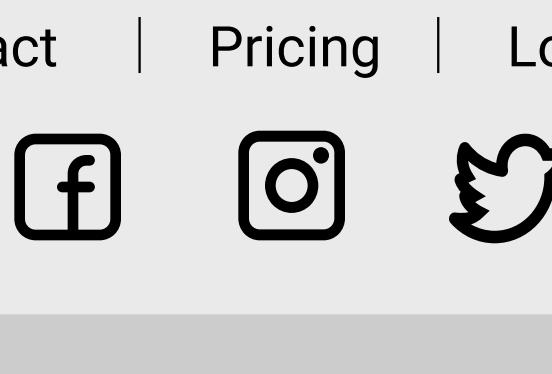
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Contact

Pricing

Location



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Members-only Lane Swimming						
9:00		Members-only Lane Swimming					
10:00			Open to all lane swimming				
11:00				Speed training	Open to all lane swimming	Kick training	Speed training
12:00		Open to all lane swimming					
13:00			Members-only Lane Swimming			Open to all lane swimming	Open to all lane swimming
14:00					Stroke training		
15:00	Kick training						
16:00		Open to all lane swimming					
17:00			Open to all lane swimming			Stroke training	Members-only Lane Swimming
18:00				Members-only Lane Swimming		Open to all Lane Swimming	
19:00	Members-only Lane Swimming		Members-only Lane Swimming		Speed training	Members-only Lane Swimming	Stroke training
20:00		Open to all Lane Swimming			Open to all Lane Swimming		Members-only Lane Swimming
21:00							
22:00							Open to all lane swimming

[Download as PDF](#)

Please note:

The Open Water Pod is open every day from 1pm-3pm.



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Select which days:

Mon-Wed ▾

	Monday	Tuesday	Wednesday
8:00			
9:00	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming
10:00			
11:00			
12:00	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming
13:00			
14:00		Stroke training	
15:00	Kick training		
16:00		Open to all lane swimming	Open to all lane swimming
17:00	Open to all lane swimming		Open to all lane swimming
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19:00	Members-only Lane Swimming	Open to all Lane Swimming	Members-only Lane Swimming
20:00			
21:00			
22:00			

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Contact us
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Select which day:

Monday



Monday

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9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

Members-only
Lane
Swimming

Open to all
lane
swimming

Kick training

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lane
swimming

Members-only
Lane
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Contact

Pricing

Location



Buttons, icons, device frames and element frames are from the Wireframe Component Library by
Charly Prioglio: <https://figmaelements.com/wireframe-component-library/>



Prices

Anyone over the age of 14 can use the pools by paying for lane swimming on arrival.

Non-members

- ✓ Access to an Olympic-sized pool with other keen swimmers
- ✓ Premier swimming pool experience

£9
per session

Timetable

Members

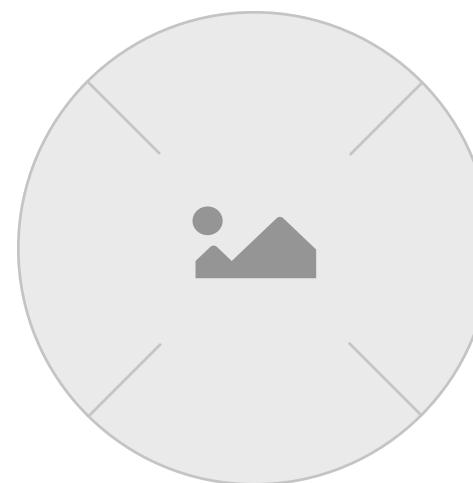
- ✓ Free access to equipment such as kickboards, buoys and fins
- ✓ Free 12-week training plan written by an expert mentor
- ✓ Free access to training classes
- ✓ Priority pool times

£40
per month

Join now

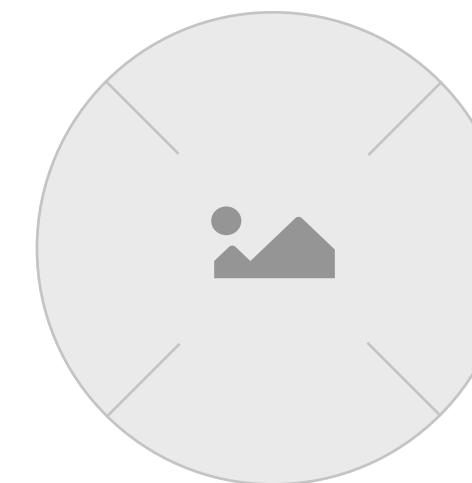
Training classes

We offer the following 1hr training classes, all of which are **FREE** to members and **£15** to non-members.
No booking required.



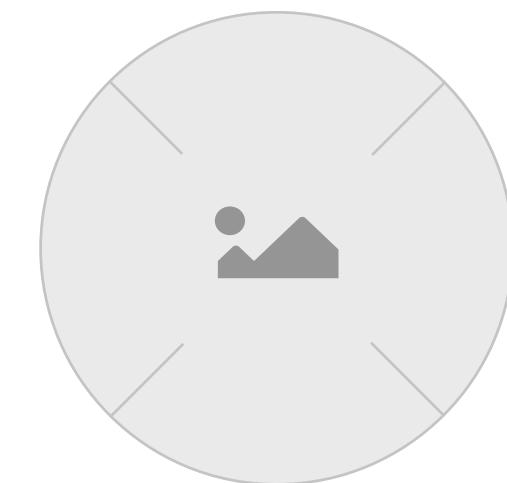
Kick

Learn how to create the most powerful and efficient kick possible.



Stroke

Master your stroke and see huge improvements in your abilities.



Speed

High intensity training in the pool will help you improve every facet of your swimming.

See Timetable



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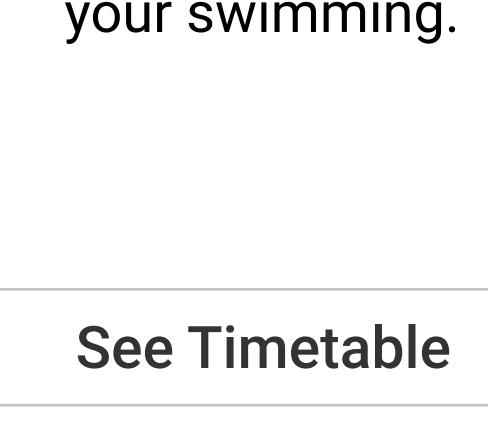
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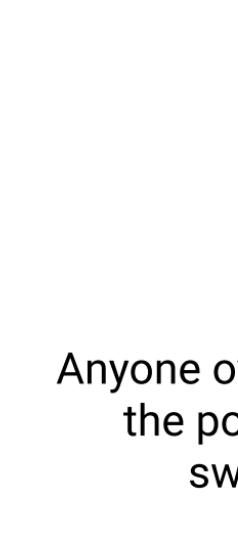
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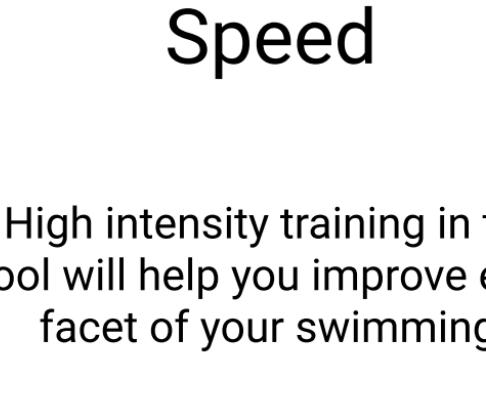
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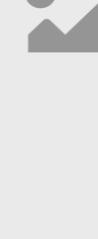
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Contact | Pricing | Location





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We'd love to hear from you:

Name

Your name...

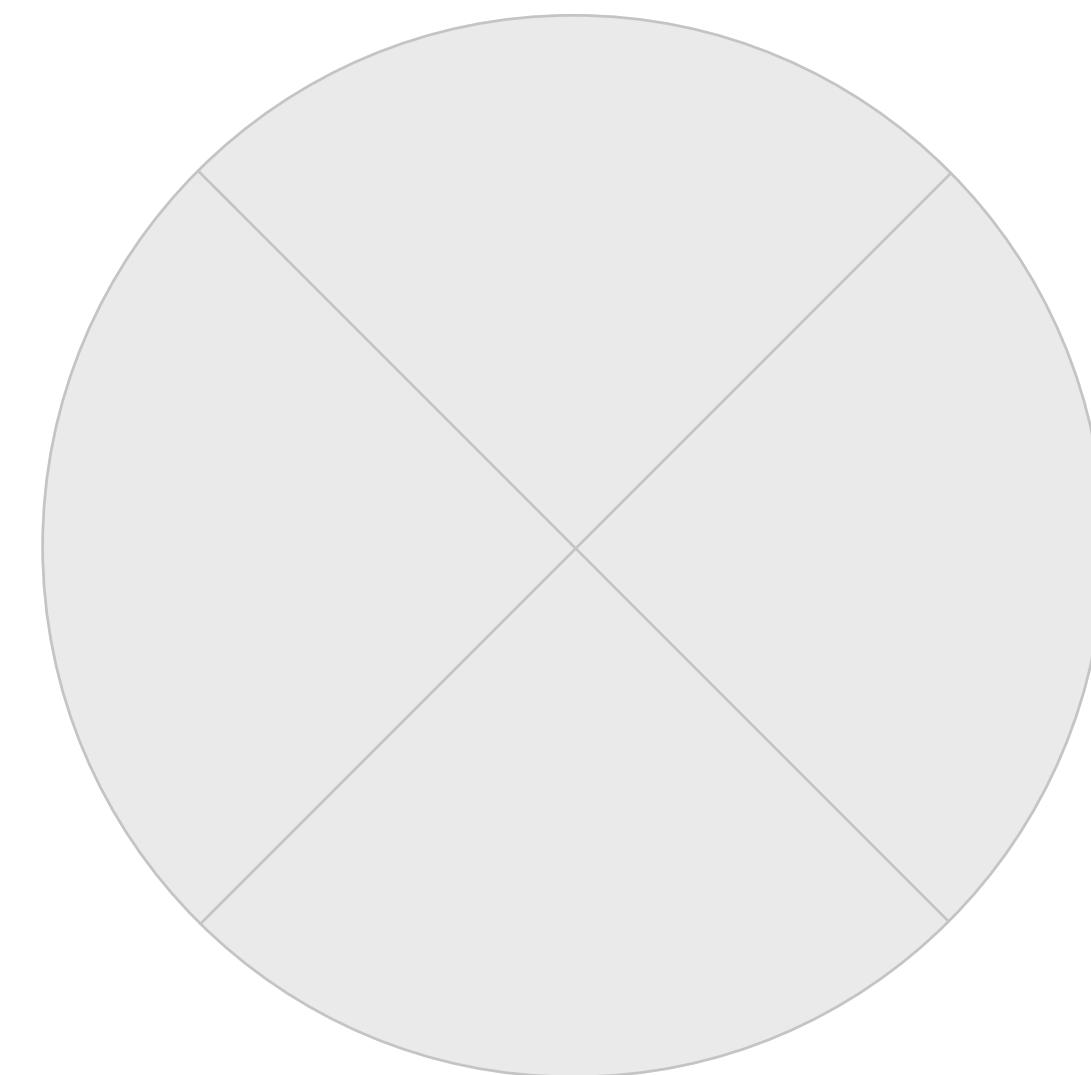
Email

Your email...

Your query

I would like to get in touch about...

Submit



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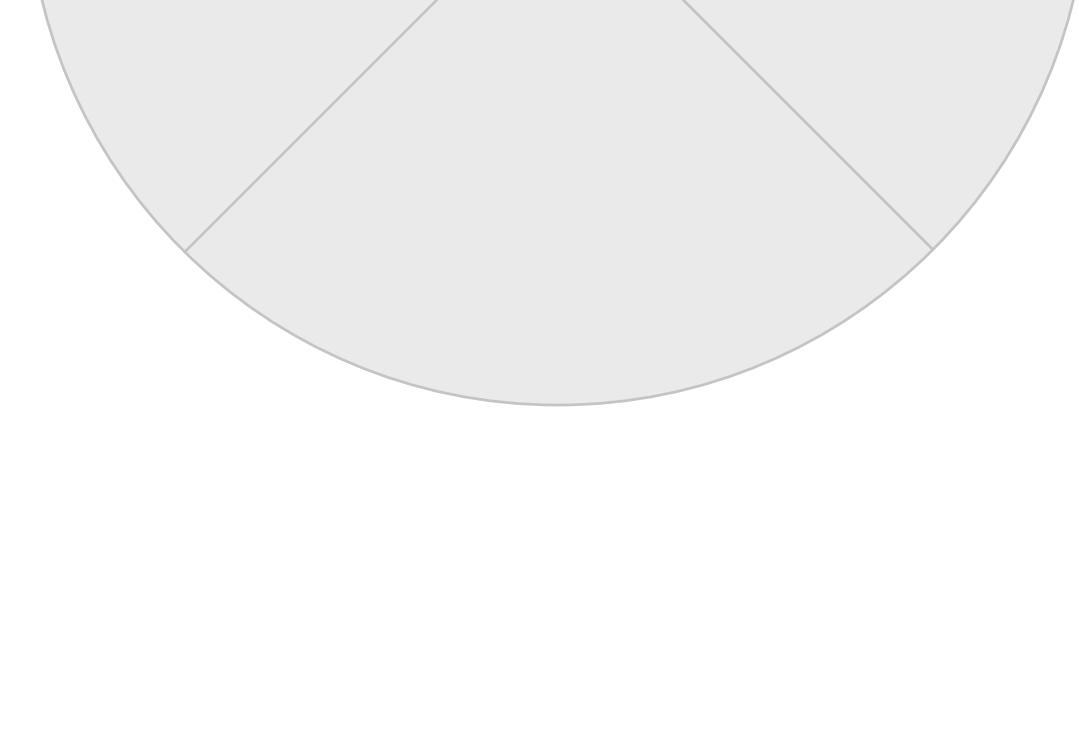
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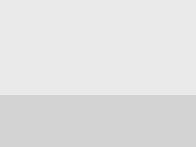
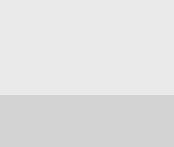
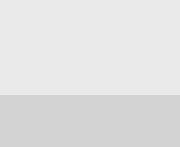
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How to get to us





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Email

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Your query

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Full Name

Email address

Phone number

Reason for joining:

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