



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

How can you become a part of our team? sut allwch chi ymuno â 'n tîm?

- City of Cardiff is one of the leading competitive swimming clubs in Wales.
- We love swimming and believe it is an important life skill.
- The Club provides its members with the opportunity to swim at all levels.
- We take pride on developing young swimmers' aquatic skills through to developing International Athletes, such as David Davies, Tom Haffield, Ieuan Lloyd, Chloe Tutton & Harriet Jones.

Pryd ddylech chi ddod am dreial? | when should you trial?

8 years & under:

- wedi cwblhau ton 6 ac â phrofiad o don 7
- completed wave 6 & has experience within wave 7

8-10 years:

- mae profial o/wedi cwblhau ton 7 yn ddymunol/profiad o blymio a troi drosben
- completion of wave 7 desirable/knowledge diving + tumble turns

11 years & over:

- wedi cwblhau ton 7 ac â phrofiad o nofio cystadleuol
mae'n ddymunol ddarparu amserau cystadlu diweddar
- completion of wave 7 knowledge & experience of competitive swimming desirable – recent competition times



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**We Lead
Others Follow**

*Rydym Ni'n Arwain
Mae Eraill Yn Dilyn*



For those ambitious swimmers who are serious about taking their swimming careers to the next level, the City of Cardiff Swimming Club offers an open-door policy which invites swimmers of all ages seeking to transfer from an existing Club, to join us at any time during the year.

In the first instance please contact our Head Coach via our contact form (in privacy and confidence) to discuss your needs and evaluate your goals. We can help you determine if a move to our Club is appropriate for you.

Next, we arrange a free trial to enable us to assess your swimming ability and as important for you, to sample a typical City of Cardiff training session. Following on from the trial session you will be offered a further training session so you have time to carefully consider our offer and whether you want to join us. We can take care of all of the official Swim Wales paperwork!

COME & TRAIN WITH US TO REACH YOUR POTENTIAL