

2021-2022 Cardiff Club Directory

Here you will find lots of clubs from many different sports based in Cardiff, along with contact details of people that will help you join the club.
Please see Mr Alexander if you need any help.

ATHLETICS CLUBS

Cardiff Athletics

Cardiff International Sports Stadium, Leckwith, CF11 8AZ

Telephone: 07549 651424

Email: Academy@CardiffAAC.org

The Junior Academy is organised into three terms of twelve weeks each year and these follow approximately the school terms. The sessions are on Monday, Tuesday and Thursday evenings between 6pm and 7pm. Training groups are split into competition age groups. These are Under 9's, Under 11's, Under 13's and under 15's and subject to availability could be on any night.

Athletes usually discover which event(s) they would like to specialise in by the time they reach 14 or 15, at which time they move into one of the event development groups. These groups train twice per week, currently on a Monday and Thursday. Transfer from the Academy takes place at the end of each term.

Cardiff Archers Athletics Club

NIAC, Cyncoed Campus, Cyncoed road, CF23 6XD

Telephone: 02920416777

Coach: Phil Warwicker

Email: pwarwicker@cardiffmet.ac.uk

BADMINTON

Arches Junior Badminton club

Coach: James Downe

Email: james.downe@wcpp.org.uk

Sport Wales National Centre, CF11 9SW

Monday's from 7pm to 8pm

Llandaff Badminton club

Contact: Julie Wilcox

Email: jandrwilcox@gmail.com

Bishop of Llandaff High School

Llanishen Juniors Badminton club

Contact: Dave Colmer

Email: w.colmer@btinternet.com

BASKETBALL CLUBS

Tribal Basketball

Thursday's at 4.30pm to 5.30pm at Cathays High School

£6 per session

Telephone: 07837641378

Email: info@tribalbasketball.net

BOXING CLUBS

Grange ABC

143A Ninian Park Road, Riverside, CF11 6JB

Contact: Qasim Khan

Telephone: 07412553694

Email: mqkkhan@hotmail.co.uk

Grange Catholic ABC

86 Corporation road, Grangetown, CF11 7AW

Contact: Hassan Essa

Telephone: 07530253840

Email: hassan_essa1927@hotmail.com

Prince of Wales ABC

Sevenoaks park, grangetown, CF11 8TF

Contact: Carl Pesticcio

Telephone: 07863347156

Email: pestboxing@hotmail.co.uk

St Joseph's Amateur Boxing Club

Cathays High School

Call Gareth on 07976305652 before attending to ensure there is room in the gym for you or your child to box.

Sessions are Monday, Wednesday and Friday 5.00pm-6.00pm or 6.00pm-7.30pm. Beginners are welcome.

CHEERLEADING

AZ Elite Cheer and Dance Centre

Coach: Candice

Telephone: 07564121310

Email: info@azelite.co.uk

CRICKET CLUBS

Cardiff Cricket Club

Friday's from 6pm

Contact: Vikki Stroud

Email: youth@cardiffcc.co.uk

Lisvane Cricket Club

Follow the link to register as a new member:

[Lisvane CC \(play-cricket.com\)](http://lisvanecc.play-cricket.com)

St Fagans Cricket Club

Telephone: 02920566591

Whitchurch-Heath Cricket Club

Telephone: 07568605094

Email: mail@whitchurch-heath.org

CYCLING

Cardiff Ajax Cycling Club

Contact: Duncan Brown (Membership Secretary)

Email: membership@cardiffajaxcycling.co.uk

DANCE

Dance Fit Cardiff

info@dancefit.wales

07307 634786

Contemporary Dance – Monday Ysgol Bro Edern 5.00pm-6.00pm £4.00

Dance – Tuesday Ysgol Bro Edern 6.00pm-7.00pm £4.00

Senior Hip Hop Dance – Tuesday Ysgol Bro Edern 7.00pm-8.00pm £4.00

Teen Tumbling – Wednesday Ysgol Bro Edern 6.30pm – 8.00pm £7.50

Dance – Thursday Ysgol Bro Edern 6.00pm-7.00pm £4.00

Rubicon Dance

Nora St, Cardiff CF24 1ND

029 2049 1477

Contemporary Dance – Monday 5.30pm

Street Dance Tuesday 5.30pm

All classes are currently taking place via Zoom

Saturn Dance

St Mary's Hall, Talbot Street, Canton, Cardiff, CF11 9BX

029 2019 1786

Saturn Dance offer Latin and Ballroom Dance – classes are currently suspended but they can be contacted about classes in the New Year.

Hayley's Fusion Dance

Spectrum Centre, Fairwater

07809380270

Fusion Dance – Tuesday 6.30-7.30pm

Hip Hop Dance – Wednesday 6.30pm-8.00pm (audition required)

FOOTBALL

AFC Whitchurch

Year 7 boys Coach: Ross O'Brien Email: whitchurchblues@gmail.com Phone:
07583624171

Year 8 boys Coach: Dominic Proctor Email: dominicproctor@aol.com Phone:
07768816419

Year 9 boys Coach: Ross Duggan Email: rossduggan73@gmail.com Phone:
07968584723

Year 10 boys Coaches: James Pople / Francis Jones Email: poplej@cardiff.ac.uk /
jones.francis@icloud.com Phone: 07903428881 / 07879772517

Year 11 boys Coach: Martyn Flynn Email: m-flynn1@sky.com Phone:
07460335148

Year 7 girls Coach: Jeremy Brown Email: jeremy@re-mortgagemyhouse.co.uk
Phone: 07799354681

Year 8 girls Coach: Barry O'Rourke Email: watfordtown2000@yahoo.co.uk Phone:
07773375018

AFC Rumney Juniors

Danielle Jarrett

Telephone: 07563526475

Year 7-10 boys

Butetown FC

Cordell Saleh

Telephone: 07985586434

Year 11 boys

Ishy Aktar

Telephone: 07967157019

Year 10 boys

Canton Liberal FC

Managed by: Dean Bowden

Telephone: 07737704099

Year 7-10 boys

Year 7 and 8 girls

Cardiff Corinthians Girls U12

Managed by: John Norman

Telephone: 07505123234

Year 8 Girls

Ely Rangers FC

Spencer Clarke

Telephone: 07984493233

Year 7-11 boys

Year 7-11 girls

Heath Park Rangers

Contact: HPRSecretary@hotmail.com for information on joining

Llanrumney United FC

Sarah Mace

Telephone: 07814436588

Year 7-11 boys

Splott Albion FC

Manager: Mark Trebilcock

Telephone: 07898721847

Thornhill AFC

Manager: Ali Yehia

Telephone: 07306039881

Year 7-11 boys

Year 7-11 girls

GYMNASTICS

Cardiff Olympic Gymnastics

Telephone: 02920891918

Email: cardiffolympic@yahoo.co.uk

Ely Distribution Centre, Unit 19, Argyle Way, Ely, Cardiff, CF5 5NJ

Cardiff Central Youth Club

Telephone: 02920461988

Ocean Park, Ocean Way, Cardiff, CF24 5HF

Somersault Gymnastic Club

info@somersaultgym.co.uk

Unit B St Catherines Park, Pengam road, Cardiff, CF242RZ

Monday 7.45pm-9.00pm

Tuesday 7.45pm-9.00pm

Phoenix Gymnastic Club

Unit 6 Rhymney River Bridge Road, Cardiff, CF23 9AF

Coach: Natalie

Telephone: 07915 996699

(Call to check availability)

MARTIAL ARTS

Cardiff Martial Arts

info@cardiffmartialarts.com

tel:07971 468 231

Taekwondo - Mondays Cathays Methodist Church 6.30pm-7.30pm

Kickboxing – Mondays Cathays Methodist Church 7.30pm-8.30pm

Taekwondo - Wednesdays Gladstone Primary School 6.30pm-7.30pm

Kickboxing – Wednesdays Gladstone Primary School 7.30-.8.30pm

Ultimate Fitness Centre (UFC)

Off City Road, Cardiff

Denzel Lawrence

2920 481740 | 07932 253849

info@ultimatefitnesscentrecardiff.co.uk

Kids Kickboxing Monday and Thursday 6.00pm-7.00pm £3.00

Kids Kickboxing Saturday 1.00pm-2.00pm £3.00

Chris Rees Academy Brazilian JiuJitsu

UFC Gym off City Road, Cardiff

07402 334874

Tuesday 6.45pm-7.30pm

Saturday 10.15-11.00am

NETBALL

Leckwith Netball Club

Telephone: 07832255391

vmeddick@msn.com

Dinas Devils Netball Club

Whitchurch High School

Telephone: 07534184261

dinasjuniornetball@gmail.com

CTK Netball Club

Contact: Jill Gildersleve

Email: gildersleve@ntlworld.com

RUGBY

Llandaff North Rugby Club

Contact Caryn Edwards

Telephone: 07981233093

U12's - U16's (Year 7 - Year 11)

Llandaff Rugby Club

Endaf Williams

Telephone: 07425 163728

U12's - U16's (Year 7 - Year 11)

Old Illtydians Rugby club

Manager: Gavin Harris

Telephone: 07847164159

U-12's (Year 7)

St Albans Rugby Club

Luke Busuttill

Telephone: 07527895452

Email: lukebuzz@yahoo.com

U-12's to U-16's (Year 7 to Year 11)

St Josephs Rugby Club

Simon Matthews (Club Chairman)

Telephone: 07816762696

U-12's to U-16's (Year 7 to Year 11)

St Peters Rugby Club

U12's (Year 7) - Michael Carey - michael.carey@veolia.com

U13's (Year 8) - Simon Thomas - simonsarahthomas@gmail.com

U14's (Year 9) - Dan Morgan - dan_morgan@hotmail.co.uk

U15's (Year 10) - Owen Ruttley - rutts9@hotmail.com

U16's (Year 11) - Tony Buchanan - tony@aperformance.co.uk

SWIMMING

Sink or Swim Swimming Club

Fitzalan High School or Howells Girls School Locations

Telephone: 07725 039330

Courses need to be booked specific to your child's swimming experience – contact Coach on number above.

Stingray Swim School

Tuesday, Thursday and Sunday - Fitzalan High School

Wednesday and Friday - Howell's School

Telephone: 07793000583

info@stingray-swimschool.co.uk

TABLE TENNIS

Cardiff City Community Table Tennis Club

Dominion Way, Cardiff, CF24 1RF

nathan@cardiffcitytabletennisclub.co.uk

Coached Junior Table Tennis – Wednesday 5.00pm-6.00pm £7.00 Non-Members/£5.00 Members

TENNIS

Cardiff Lawn Tennis Club

The castle grounds, North road, Cardiff, CF10 3EW

Coach: John Williams

Telephone: 07796935609

Email: johnwilliamstc@hotmail.com

Diamond Tennis Academy

Venues at:

- 1) House of sport, Clos Park Morgannwg, CF11 8AW
- 2) Cardiff High School, Llandennis road, CF23 6WG
- 3) Fairwater recreational park

Telephone: 02920689382

Macintosh Tennis Club

Coach: Rhys Morgan

Tel: 07929 264 165

Email: tenniscoach@mackintoshsportsclub.org

Whitchurch Tennis Club

St Francis road, Whitchurch, Cardiff, CF14 1AW

Coach: Melissa Davies

Telephone: 07837172478

Email: melissahouse9@hotmail.co.uk

TRAMPOLINING

Cardiff Flyers Trampolining Club

Coach: Tom Yeates

Telephone: 07890549227

Email: enquiries@cardiff flyers.com

Beginner to Intermediate Trampolining – Saturday Maes – Y- Coed Community Centre 1.00-3.00pm

Prices: Various membership prices

VOLLEYBALL

Cardiff Volleyball club

Monday's from 6pm-7.30pm at Cathedral School, CF5 2YH

Head coach: Steven Marshall

Email: stevenmarshall317@gmail.com

Cardiff Beach Volleyball Club

Between April and October

Mike Constantinou

Telephone: 07899902556

Julia Constantinou

Telephone: 07900672499

Email: cardiffbeachvolleyball@gmail.com

Cardiff Celts Volleyball Club

Wednesday's from 6pm to 8pm at University of South Wales, CF37 1DL

Contact: Jack Allman

Email: jallman1@hotmail.com

Year 6 to 13 girls