

029 2052 9230

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Cycle Track - Thrac Seiclo

Cycling

Tuesday

4:00pm - 5:00pm	Can't Ride Won't Ride	Junior	£ 2.65
5:00pm - 6:00pm	Road/Mountain Bike Beginners Course	Junior	£ 13.25
6:00pm - 8:30pm	Maindy Flyers Junior Cycle Club		£ 2.65

Thursday

4:00pm - 5:00pm	Can't Ride Won't Ride	Junior	£ 2.65
5:00pm - 6:00pm	Track Bike Beginners Session Course	Junior	£ 13.25
6:00pm - 8:30pm	Maindy Flyers Junior Cycle Club	Junior	£ 2.65

Friday

5:30pm - 6:30pm	Adult Learn to Ride	Adult	£ 3.95
6:30pm - 7:30pm	Adult Cycling Session	Adult	£ 3.95

Saturday

9:00am - 10:30am	Maindy Flyers Junior Cycle Club	Junior	£ 2.65
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Maindy Cycle Track

Maindy Cycle Track is home to the Maindy Flyers Cycling Club, a club for children aged 5 - 15 years. The Maindy Flyers started in December 1995 and grew from very few members to around 80 members currently. The club is involved in many types of cycling. These include racing bikes on the track or closed circuit, mountain biking, cyclo cross and fun days out for all the family. The club has developed a number of national and international champions in its 15 years of teaching and coaching youngsters.

Experienced and qualified coaches ensure that cyclists of all abilities are catered for with sessions ranging from beginners for the very young to more advanced classes for the more experienced cyclist.

The track offers a safe, traffic free environment for children and adults to cycle, either for fun, fitness or race training. The track is fully floodlit and there are a selection of bikes and helmets available for use during certain sessions at no extra cost.

Cycle Track Hire

The track is available for hire at various times during the week, please telephone for availability.

Cost:

£16.80 Monday - Friday

£23.20 Saturday & Sunday

Maindy Flyers Cycling Club

Maindy Flyers run a number of junior sessions during the week for improvers and advanced cyclists. A coach from one of the beginners cycling sessions will advise anyone confident enough to move up in to one of these groups.

For more information why not visit the Maindy Flyers website www.maindyflyer.com

Things to know before you ride

Casual Use

When there are no coached sessions running, the track is available for casual use. You must provide your own bike and it must be in good working order. Helmets must be worn at all times. It is advisable to telephone the centre to check the availability before arrival.

PRICE: Adult (£2.90) Child (£1.45)

Clothing

All participants in coached sessions must wear a helmet and gloves. During the winter months arms and legs must be covered at all times. Tracksuit trousers must be tight fitting or tucked into socks. The wearing of jeans is not advised.

Special Use

The track is available for hire by clubs, groups or individuals for special events such as race meetings, birthday parties, scouts and guides, youth clubs and schools use. Please contact the centre for prices and availability. Bikes, helmets and coaches can also be provided.

The Weather

During periods of rain, snow, ice or any other conditions, which may be deemed unsafe by the facility, staff and sessions may be cancelled or rearranged without prior notice being given. If you are in any doubt please telephone reception about one hour before the session is due to commence for a more accurate decision on the session being cancelled.

Club Sessions

A number of adult clubs ride at Maindy Track, including CC Cardiff, Jif and Ajax.

More details about these clubs can be found on the following websites:

CC Cardiff www.cardiffgp.com

Jif www.cardiffjif.com

Ajax www.cardiffajaxcycling.co.uk