



Here for young people
Here for communities
Here for you

Class Timetable

5th Dec

Monday

Time	Activities
7:30-8:30	S&C
7:30-11:00	Open Gym
7:30-17:00	Open Track
10:00-11:00	Fit55+
16:00-16:45	Drama (5-10)
16:45-17:30	Drama (11-17)
16:45-17:30	Youth S&C (11-17)
17:30-18:30	S&C
17:30-19:00	Open Gym

Tuesday

Time	Activities
7:30-8:30	S&C
7:30-9:00	Open Gym
7:30-18:00	Open Track
16:00-16:45	Wildcats
16:00-18:00	Youth Climbing (ages 8-18)
16:45-17:30	Youth Girls Football
17:30-18:30	S&C
17:30-19:00	Open Gym
18:00-21:00	Open Climbing (18+)
18:00-20:00	Intro to Climbing

Wednesday

Time	Activities
7:30-8:30	S&C
7:30-13:00	Open Gym
7:30-18:00	Open Track
10:00-13:00	Senior Open Climb
10:00-12:00	Creche
10:00-11:00	Tai Chi Taster
10:30-11:30	S&C
12:00-13:00	S&C
17:30-18:30	S&C
17:30-18:30	Skilled Youth Climb (ages 14-18)
17:30-20:00	Open Gym
18:00-21:00	Open Climb (18+)
18:30-19:30	STRONG

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Thursday

Time	Activities
7:30-8:30	S&C
7:30-13:00	Open Gym
7:30-17:00	Open Track
9:30-10:30	S&C
10:00-11:00	Walking Football
11:30-12:30	Tai Chi Taster
16:00-18:00	Youth Climb (ages 8-11)
16:00-18:00	Youth Climb (ages 12-18)
18:00-21:00	Open Climb (18+)

Friday

Time	Activities
7:30-8:30	S&C
7:30-13:00	Open Gym
7:30-17:00	Open Track
12:00-13:00	S&C
13:00-14:00	Tai Chi Established
16:00-18:00	Youth Football/ Youth Basketball
16:00-18:00	Youth Climbing
18:00-21:00	18+ Competent Climb

Saturday

Time	Activities
10:00-13:00	Competent Climb (18+)
10:00-12:00	Youth Climbing (ages 8-18)
13:00-16:00	Competent Climbing (18+)
13:00-15:00	Youth Climbing (ages 8-18)

Sunday

Time	Activities
Activities closed for staff training	

Our Classes

We recommend customers come along at least 15 minutes before class start time so you can sign in.

Please note - our youth sessions are for the age groups specified only. We welcome parents and carers to wait in our fantastic on-site café while the class is in session!

Class descriptions

Climbing:

18+ Competent Climbers – *Adults & Seniors* - 3-hour open climbing/bouldering session, for experienced climbers

Intro to Climbing – *Adults* - For Novice or Beginner adults to try out climbing and start their journey to becoming a competent climber.

Youth Climbing – *Youth 8-18yrs* - Instructor led session. An opportunity to try out climbing/bouldering and a taste of our upcoming classes.

Skilled Youth Climbers – *Youth 14-18yrs* - For young climbers aged 14-18 who are already at NICAS level 4 or above.

Strength & Conditioning:

Strength & Conditioning (S&C) – *Adults* – progressive fitness sessions that help you improve your overall strength and conditioning to be able to maximise your life outside of the gym.

Fit55+ - *Seniors 55+* - A strength & conditioning class to support overall health and functional fitness

Youth Strength & Conditioning – *Youth 11-17yrs* – Specifically designed for children and teenagers to develop a lifelong love of health and fitness

Strong – *Adults* - Building strength in unconventional ways using methods of strongman training.

Open Gym – *Adults* - Not interested in group classes or wanting to do some extra work outside of our classes? This is your time where you can get after it on your own.

*Please note, Open Gym sessions are un-coached and while there is plenty of equipment for everyone to use, during busy class times the class takes priority with equipment.

Children and Youth:

Wildcats – *Girls 5-11yrs* – Non-competitive football sessions for girls who want to give the game a go or play with other girls their own age.

Youth Basketball – *Youth 11-17yrs* – Access to our MUGAs for basketball. This session is supervised but uncoached.

Youth Football – *Youth 11-17yrs* – Access to our 3G pitches for football. This session is supervised but uncoached.

Creche – *Children 2-5yrs* - Perfect for parents and guardians who need childcare while they train at the YMCA. Activities include: playing outside, sensory play, craft activities, role play in the home corner, puzzles, story time, hand-eye activities and mark-making.

*Please note, Creche is **not** included in the £1 and £2 class offer.

Programmes:

Tai Chi – *Adults* – Moving meditation and gentle exercises, designed to reduce stress and create harmony between the mind and body.

Walking Football – *Adults* – Relaxed, fun football sessions, played at walking pace. All abilities welcome.

Yoga – *Adults* – Deep stretching and yoga poses, focusing on relaxation, flexibility and core strength