



Here for young people  
Here for communities  
Here for you

# Class Timetable

16th Jan – 31st Jan 2023

\*Please note Creche and Clip 'n Climb are NOT included in the £1 class offer.

\*Please note there is no Clip 'n Climb on Sat 21st Jan

## Monday

Time	Activities
7:00-20:00	Open Gym
7:30-9:00	Strength & Conditioning
7:30-17:00	Open Track Access
10:00-11:00	Legends
12:00-13:00	Strength & Conditioning
16:00-16:45	Drama (ages 5-10)
16:30-17:30	Youth Strength & Conditioning(ages 11-14)
16:45-17:30	Drama (ages 11-17)
17:30-18:30	Strength & Conditioning

## Tuesday

Time	Activities
7:00-20:00	Open Gym
7:30-8:30	Strength & Conditioning
7:30-17:00	Open Track Access
16:00-16:45	Wildcats (ages 5-11)
16:00-18:00	Youth Climbing (ages 8-11)
16:00-18:00	Youth Climbing (ages 12-18)
16:00-20:00	Competent Climbing(18+)
16:30-17:30	Youth Strength & Conditioning(ages 15-17)
16:30-17:30	Clip 'n Climb (ages 6+)*
17:00-18:30	LGBTQ+ Football
17:00-21:00	Competent Climbing(18+)
17:30-18:30	Strength & Conditioning
18:00-19:00	Clip 'n Climb (ages 6+)*
18:00-19:00	TRIBE Climb Intro (18+)

## Wednesday

Time	Activities
7:00-20:00	Open Gym
7:30-8:30	Strength & Conditioning
7:30-18:00	Open Track Access
10:00-13:00	Senior Open Climb (55+)
10:00-13:00	Competent Climbing (18+)
10:00-12:00	Creche*
10:30-11:30	Strength & Conditioning
12:00-13:00	Strength & Conditioning
13:00-16:00	Competent Climbing (18+)
16:30-17:30	Clip 'n Climb (ages 6+)*
17:00-20:00	Competent Climbing (18+)
17:30-18:30	Strength & Conditioning
17:30-19:30	Skilled Youth Climb (ages 14-18)
17:30-20:00	Open Gym
18:00-19:00	Clip 'n Climb (ages 6+)*
18:00-21:00	Competent Climbing (18+)
18:30-19:30	STRONG

Book your class online now



SCAN ME

## Thursday

Time	Activities
7:00-13:00	Open Gym
7:30-8:30	Strength & Conditioning
7:30-17:00	Open Track Access
9:30-10:30	Strength & Conditioning
10:00-11:00	Walking Football
16:00-18:00	Youth Climb (ages 8-11)
16:00-18:00	Youth Climb (ages 12-18)
16:00-19:00	Competent Climbing (18+)
16:30-17:30	Clip 'n Climb (ages 6+)*
18:00-19:00	Clip 'n Climb (ages 6+)*
18:00-21:00	Competent Climbing (18+)

## Friday

Time	Activities
7:00-13:00	Open Gym
7:30-8:30	Strength & Conditioning
7:30-17:00	Open Track Access
12:00-13:00	Strength & Conditioning
13:00-14:00	Tai Chi Established
16:00-18:00	Youth Climb (ages 8-11)
16:00-18:00	Youth Climb (ages 12-18)
16:00-18:00	Youth Football/ Youth Basketball
16:00-19:00	Competent Climbing (18+)
16:30-17:30	Clip 'n Climb (ages 6+)*
18:00-19:00	Clip 'n Climb (ages 6+)*
18:00-21:00	Competent Climbing(18+)

## Saturday

Time	Activities
9:00-17:00	Open Track Access
10:00-11:00	OnSide Disability Sport
10:00-12:00	Youth Climb (ages 8-11)
10:00-12:00	Youth Climb (ages 12-18)
10:00-13:00	Competent Climbing (18+)
10:30-11:30	Clip 'n Climb (ages 6+)*
11:00-14:00	Competent Climbing(18+)
12:00-13:00	Clip 'n Climb (ages 6+)*
13:00-15:00	Youth Climb (ages 8-11)
13:00-15:00	Youth Climb (ages 14-18)
13:00-16:00	Competent Climbing (18+)
13:30-14:30	Clip 'n Climb (ages 6+)*
14:00-17:00	Competent Climbing (18+)
15:00-16:00	Clip 'n Climb (ages 6+)*

## Sunday

Time	Activities
<b>NO ACTIVITIES</b>	

# 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

**TRIBE Intro** – *Adults* - An introduction to climbing and the YMCA climbing community.

**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.

**Clip 'n Climb** – *Children 6+* - Climbing for younger children who are new to the sport. Please note – Clip 'n Climb is not included in our £1 class offer but is booked through the same process.

### 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 Established** – *Adults* – Moving meditation and gentle exercises, designed to reduce stress and create harmony between the mind and body. This class is for **regular, previous participants only**.

**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

**Open Track** – *Adults or Children accompanied by an adult* – Access to our Athletics Track for self-led running, walking or jogging. Sessions are supervised but uncoached.

**OnSide** – *Youth 11-17yrs* – Disability sports for young people with additional needs. Sessions will cover a range of sports, skills and techniques.

**LGBTQ+ Football** – *Youth under 25yrs* - Sessions will mainly focus around football but will include fun games such as football rounders. Our YMCA Café will be open before and after the session as a social space to help create new friendship