

# Make the most of the Village!

- ✓ **Free, on-site Parking**  
YMCA car park only
- ✓ **On-site Café**  
With 10% discount for Members
- ✓ **Private Hire & Parties**  
From desk space to birthday bashes! We can help you with it all

## Opportunity for all

From supported housing for homeless young people, to Scholarships for local families - by visiting the Village, you're supporting the wider work of the YMCA across our region. Thank you!

Learn more at:  
[ymcanevarksherwood.org/about](http://ymcanevarksherwood.org/about)



## Open Sessions

Use of facilities without an instructor. Open Climbing is available to competent climbers only please ask at Reception for more information.

### Strength and Conditioning Including Outdoor Gym

Mon-Wed: 07:00-20:00  
Thu-Fri: 07:00-19:00  
Sat-Sun: 09:00-16:00

### Climbing Centre

Mon & Wed-Fri: 10:00-21:00  
Tue: 16:00-21:00  
Sat-Sun: 10:00-17:00

### Athletics Track

Mon-Fri: 07:00-17:00  
Sat-Sun: 09:00-17:00

### Multi-Use Gaming Area Basketball, Netball and Tennis

Mon-Fri: 07:00-17:00  
Sat-Sun: 09:00-17:00

### Cycling Track

Learn to Ride, Community Trail and Pump Track

Mon-Fri: 16:00-19:00  
Sat-Sun: 10:00-13:00

## Get in touch!

- 📍 [ymcanevarksherwood.org](http://ymcanevarksherwood.org)
- ☎ 01636 233125
- ✉ [memberships@ymcans.org](mailto:memberships@ymcans.org)

**YMCA** | Here for young people  
Here for communities  
Here for you



Book a free  
taster session!

# Adult Activity Timetable

For 18+



# Flexible ways to join in!



## Pay-As-You-Go

From just £3 per session.



## Reduced Rates

Pay just £15 for a full year of reduced-price activities as a Supporter Member.



## Unlimited Bookings

With Villager Membership, only £40 per month. No contract, Concession discounts available.

# Session Prices

| SESSIONS                       | SUPPORTER MEMBER | NON-MEMBER |
|--------------------------------|------------------|------------|
| Strength & Conditioning        | £9               | £12        |
| Climbing                       | £7.50            | £9.50      |
| Studio Classes                 | £6               | £9         |
| Community Classes              | £3               | £5         |
| Outdoor                        | £4               | £7         |
| Intro' to Climbing             | £10              | £10        |
| Tribe: Learn to Climb Courses* | £30              | £35        |

# Weekly Schedule

| MONDAY                                   | TUESDAY  | WEDNESDAY                                      | THURSDAY                               | FRIDAY   | SATURDAY                                | SUNDAY |
|--|--|--|--|--|---|--------|
| 7:30-8:30<br>Strength & Conditioning     | 7:30-8:30<br>Strength & Conditioning                                 | 7:30-8:30<br>Strength & Conditioning           | 7:30-8:30<br>Strength & Conditioning   | 7:30-8:30<br>Strength & Conditioning           | 11:30-12:30<br>Tribe: Intro to Climbing |        |
| 9:30-10:30<br>Strength & Conditioning    | 9:30-10:30<br>Strength & Conditioning                                | 9:30-10:30<br>Strength & Conditioning          | 9:30-10:30<br>Strength & Conditioning  | 10:00-11:00<br>Legends Intro to Climbing       | 15:00-17:00<br>Tribe: Learn to Climb    |        |
| 10:00-11:00<br>Legends Intro to Climbing | 13:00-15:00<br>Games Club  | 9:30-10:30<br>Gentle Yoga                      | 11:00-12:00<br>Tai Chi (Beginners)     | 10:30-11:30<br>Legends Strength & Conditioning |   |        |
| 10:30-11:30<br>Legends S&C               | 17:30-18:30<br>Strength & Conditioning                               | 10:00-11:00<br>Legends Intro to Climbing       | 17:30-18:30<br>Strength & Conditioning | 12:00-13:00<br>Strength & Conditioning         |   |        |
| 12:00-13:00<br>Fitness Pilates           | 18:00-19:00<br>Tribe: Intro to Climbing                              | 15:30-16:30<br>Legends Strength & Conditioning | 18:00-20:00<br>Tribe: Learn to Climb   | 13:00-14:00<br>Tai Chi (Established)           |   |        |
| 17:30-18:30<br>Strength & Conditioning   | 18:30-19:30<br>Vinyasa Yoga  | 17:30-18:30<br>Strength & Conditioning         |  | 17:30-18:30<br>STRONG                          |   |        |
| 18:30-19:30<br>Engine                    | 19:00-21:00<br>Tribe: Adult Improver<br><small>*check online</small> | 19:30-20:30<br>Calisthenic                     |  |  |   |        |

## Fancy giving it a go first?

Free taster sessions are available to new customers, simply ask at Reception or submit a request online.



Book a free taster session!



Book online

