

DROP-IN SESSIONS

Use our facilities without a coached YMCA Youth Leader.
Open Climbing is available to competent climbers only.

Strength & Conditioning (16+)

Mon-Fri: 07:00-21:00
Sat-Sun: 09:00-16:00

Climbing Centre*

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

Bike Tracks

Sat: 10:00-13:00

Youth Football

Fri: 16:00-18:00

The Base Room

Mon - Fri: 16:30-17:30
and 17:45-18:45

A space to hang out, play games,
socialise or do homework
- the freedom is yours!

YOUR
CHOICE

YOU CHOOSE YOUR SESSIONS

	MON	TUES	WED	THURS	FRI	SAT
16:30	Strength & Conditioning	Strength & Conditioning	Climbing 16:30-17:30	Climbing or Performing Arts: Commercial Jazz 16:30-17:30	Climbing 16:30-17:30	Climbing 12:00-13:00
16:45	or Performing Arts: West End Dance 16:30-17:30	or Climbing or Performing Arts: Music & Rhythm 16:30-17:30				
17:00						
17:15						
17:30						
17:30	15 Min Break 17:30	15 Min Break 17:30	15 Min Break 17:30	15 Min Break 17:30	15 Min Break 17:30	
17:45						
17:45	Multi-Sports 17:45-18:45	Baking 17:45-18:45	Skateboarding 17:45-18:45	Multi-Sports: Ball Skills 17:45-18:45	Games Night 17:45-18:45	
18:00						
18:15						
18:30						
18:45						



COACHED
SESSIONS

Sessions are subject to availability. Timetable correct at time of creation.
See weekly timetable on OpenPlay.