

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: 08:00-21:00
Tue: 16:00-21:00
Sat: 10:00-18:00
Sun: 10:00-17:00

Bike Tracks

Sat-Sun: 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	Climbing	Climbing	Climbing
16:45	or Multi-Sports	or Climbing	or Games Night	or Multi-Sports	16:30-17:30	12:00-13:00
17:00	16:30-17:30	16:30-17:30	16:30-17:30	16:30-17:30		
17:15						
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	DJ'ing & Music Production	Cooking	Games Night	DJ'ing & Music Production	Games Night	
18:00	or Dance	17:45-18:45	or Art	or Chess & Board Games	17:45-18:45	
18:15	17:45-18:45		17:45-18:45	17:45-18:45		
18:30						
18:45						

Sessions are subject to availability. Timetable correct at time of printing.
To see the weekly timetable, scan the QR code below.



COACHED
SESSIONS