

# 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	<b>Strength &amp; Conditioning</b>	<b>Strength &amp; Conditioning</b>	<b>Climbing</b>	<b>Climbing</b>	<b>Climbing</b>	<b>Climbing</b>
16:45	or <b>Multi-Sports</b>	or <b>Climbing</b>	or <b>Games Night</b>	or <b>Basketball</b>	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	<b>15 Min Break</b> 17:30	<b>15 Min Break</b> 17:30	<b>15 Min Break</b> 17:30	<b>15 Min Break</b> 17:30	<b>15 Min Break</b> 17:30	
17:45	<b>DJ'ing &amp; Music Production</b>	<b>Cooking</b>	<b>Games Night</b>	<b>DJ'ing &amp; Music Production</b>	<b>Games Night</b>	
18:00	or <b>Dance</b>	17:45-18:45	or <b>Art</b>	or <b>Chess &amp; Board Games</b>	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