

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: 08:00-21:00
08:00-16:00 **Bouldering only**
Sat: 09:00-18:00
Sun: 10:00-17:00

Cycling

Mon: 17:30-20:00
Tues: 15:30-20:00 **Girls only**
Thur: 17:30-20:00
Sat: 13:00-16:30

Base Room

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

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

*Young climbers must be accompanied by a competent adult.
Adults must submit a form to supervise up to two novice climbers.
**Unlimited sessions excludes training courses.

YOUR
CHOICE

YOU CHOOSE YOUR SESSIONS



MON	TUES	WED	THURS	FRI	SAT	SUN
Strength & Conditioning or Foot Golf 16:30-17:30	Strength & Conditioning or Climbing 16:30-17:30	Nerf Wars or Arts & Crafts 16:30-17:30	Climbing or Engineering & Graphic Design 16:30-17:30	Youth Football 16:00-18:00 or Cycling or Climbing 16:30-17:30	Cycling 11:00-12:00 Climbing 12:00-13:00	Games Club 11:00-12:00
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	15 Min Break 13:00	15 Min Break 12:00
DJ'ing & Music Production or Street Dance 17:45-18:45	Cooking or Games Club 17:45-18:45	Arts & Crafts or Basketball 17:45-18:45	Skateboarding or Basketball 17:45-18:45	LEGO or Foot Golf 17:45-18:45	Street Dance or Pickleball 13:15-14:15	LEGO 12:15-13:15

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

COACHED
SESSIONS