

# YOUTH MEMBERSHIP

## CHOOSE YOUR COACHED SESSIONS

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Youth Open Strength &amp; Conditioning Age 14+ Only</b> 15:30-17:30 <b>Strength &amp; Conditioning</b> or <b>Science</b> 16:30-17:30  <b>15 Min Break</b> 17:30	<b>Youth Open Strength &amp; Conditioning Age 14+ Only</b> 15:30-17:30 <b>Strength &amp; Conditioning</b> or <b>Climbing</b> 16:30-17:30  <b>15 Min Break</b> 17:30	<b>Youth Open Strength &amp; Conditioning Age 14+ Only</b> 15:30-17:30 <b>Nerf Wars</b> or <b>Cooking</b> 16:30-17:30  <b>15 Min Break</b> 17:30	<b>Youth Open Strength &amp; Conditioning Age 14+ Only</b> 15:30-17:30 <b>Climbing</b> or <b>Skateboarding</b> 16:30-17:30  <b>15 Min Break</b> 17:30	<b>Youth Open Strength &amp; Conditioning Age 14+ Only</b> 15:30-17:30 <b>Climbing</b> or <b>Engineering</b> 16:30-17:30  <b>15 Min Break</b> 17:30	<b>Family Open Gym</b> 09:00-16:00  Children age 5+ supervised by an adult	<b>Family Open Gym</b> 09:00-16:00  Children age 5+ supervised by an adult
<b>DJ'ing &amp; Music Production</b> 17:45-18:45	<b>Cooking</b> 17:45-18:45	<b>Biking</b> 17:45-18:45	<b>DJ'ing &amp; Music Production</b> 17:45-18:45	<b>LEGO</b> 17:45-18:45	<b>Climbing</b> 12:00-13:00	

All Classes subject to availability and correct at time of document creation only.



## 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

### Strength & Conditioning (14+)

Mon-Sun: 09:00-16:00

### Family Open Gym (5+)

Sat-Sun: 09:00-16:00

Children age 5+ supervised by an adult

### Climbing Centre\*

Mon: 09:00-21:00

Tues: 09:00-16:00 Bouldering only  
16:00-21:00

Wed: 09:00-21:00

Thurs-Fri: 09:00-21:00

Sat: 09:00-18:00

Sun: 10:00-17:00

### Bike Tracks

Learn to Ride, Community Trail and Pump Tracks

Mon: 16:00-20:00

Tues: 16:00-20:00

Thurs: 17:30-20:00

Sat: 13:00-16:30

\*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.



CAV057/SEP25