

ACTIVITY DESCRIPTIONS



Youth No Sweat Intros

A guided introduction to the gym, helping young people learn how to use equipment safely and effectively. After completing three sessions, ages 14+ can train independently with confidence.

3D Animation

Bring characters and stories to life while learning creative 3D animation skills using professional digital design tools.

Archery

Learn focus, control, and accuracy while safely developing archery skills in a fun, supportive setting.

Art: Watercolours

Explore colour, technique, and creativity while creating artwork using watercolour paints and mixed media.

Basketball

Develop shooting, passing, and teamwork skills through energetic basketball drills and games.

Biking

Develop confidence, control, and technique while riding and improving skills on our YMCA bike tracks.

Climbing

Become a confident climber. Enjoy top rope climbing and bouldering.

Cooking:

Fun sessions teaching kitchen skills through recipes like pizza, brownies, baked risotto and more. Ingredients provided, and you can take home your creations!

Engineering:

Get hands-on building circuits in this creative practical engineering session.

Football 6-a-side League

Compete in fast-paced 6-a-side matches, build teamwork, and enjoy friendly league competition each week.

Youth Football

Improve skills, fitness, and teamwork in football sessions focused on fun and match play.

LEGO

Get creative and bring ideas to life with fun LEGO building challenges.

Podcasting

Learn to plan, record, and edit podcasts while exploring storytelling, interviewing, and journalism skills.

Skateboarding

Build balance, confidence, and skills while learning skateboarding basics in a safe, supportive environment.

Science

Get hands-on with fun experiments and explore how things work.

Strength & Conditioning

Work out, master gym equipment and train with expert coaches. Access to open sessions from 14+

Climbing - National Indoor Climbing Award Scheme

Structured sessions to progress through NICAS Levels 1-5. Led by expert coaches, young people develop climbing skills and confidence. With intro sessions available in school holidays and courses running during term.

YOU CHOOSE YOUR COACHED SESSIONS

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Coached Sessions

4:30pm-5:30pm Science or Biking	4pm-5pm Football 6-a-side League 4:30pm-5:30pm Strength & Conditioning or Climbing	4:30pm-5:30pm Strength & Conditioning or Skateboarding or Cooking	4:30pm-5:30pm Climbing or Archery	4:30pm-5:30pm Strength & Conditioning or Climbing or Engineering	12noon-1pm Climbing
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15 minutes break in the Youth Base Room

5-5:45pm Skateboarding or Art: Watercolours	5:45pm Cooking	5:45pm 3D Animation or Biking	5:45pm Podcasting or Basketball	5:45pm LEGO
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YMCA Climbing Centre: National Indoor Climbing Award Scheme: Levels 1-5 Term Time Coached Classes:

5pm-7pm NICAS	5pm-7pm NICAS	4pm-6pm NICAS	4pm-6pm NICAS	4:30pm-6:30pm NICAS 7pm-9pm 14+ NICAS GCSE	9:30am-11:30am 12noon-2pm 2:30pm-4:30pm NICAS	10am-12noon 12:30pm-2:30pm 3pm-5pm NICAS
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NICAS Intro sessions available during school holidays. Discounts available for Youth Members.

Open Sessions

9am-9pm Bouldering 9am-9pm Roped Climbing 3:30pm-5pm Youth Football † 3:30pm-5:30pm Youth Open Gym or Youth No Sweat Intro 3:30pm-5:30pm 6pm-8pm Bike Tracks	9am-4pm Roped Climbing 3:30pm-5:30pm Youth Open Gym 4pm-9pm Bouldering 3:30pm-5:30pm 6pm-8pm Bike Tracks	9am-9pm Roped Climbing 9am-9pm Bouldering 3:30pm-5:30pm Youth Open Gym or Youth No Sweat Intro	9am-9pm Roped Climbing 9am-9pm Bouldering 3:30pm-5:30pm Youth Open Gym or Youth No Sweat Intro 3:30pm-5:30pm 6pm-8pm Bike Tracks	9am-9pm Roped Climbing 9am-9pm Bouldering 3:30pm-5:30pm Youth Open Gym or Youth No Sweat Intro 3:30pm-6pm Youth Football †	9am-9pm Roped Climbing 9am-9pm Bouldering 9am-4pm Family Gym 9am-4pm Youth No Sweat Intro 1pm-4pm Bike Tracks	9am-5pm Bouldering 9am-5pm Roped Climbing 9am-4pm Family Gym 9am-4pm Youth No Sweat Intro
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Access to the gym from age 14+. Ages 11-13 must be accompanied by an adult. Family Gym: Ages 11-13 must be accompanied by an adult 18+ and supervised at ALL TIMES. For climbing under 18's must be supervised. Adults must be competent belayers and submit relevant forms to supervise up to two young climbers. For bouldering, under 16's must be supervised. Adults must be competent boulderers and submit relevant forms to supervise up to two young climbers.

**Young people aged 14+ can
access the gym after completing
three Youth No Sweat Intros.**



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or search
YMCA Newark & Sherwood
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