

ACTIVITY DESCRIPTIONS



Animation

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

Intro' to 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.

Youth Football

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

Podcasting

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

Science

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

Singing

Develop confidence, performance skills, and musical creativity while enjoying fun group singing sessions.

Skateboarding

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

Strength & Conditioning

Work out, master gym equipment and train with expert coaches.

Access to open sessions from 14+

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.

YOU CHOOSE YOUR COACHED SESSIONS

MON

TUE

WED

THUR

FRI

SAT

SUN

Coached Sessions

4:30pm-5:30pm
Science
or
Biking

4:30pm-5:30pm
Strength & Conditioning
or
Intro' to Climbing

4:30pm-5:30pm
Cooking
or
Intro' to Climbing

4:30pm-5:30pm
Podcasting
or
Intro' to Climbing
or
Strength & Conditioning

3:30pm-6pm
Youth Football
or
4:30pm-5:30pm
Engineering
or
Intro' to Climbing

12noon-1pm
Intro' to Climbing

15 minutes break in the Youth Base Room

5:45pm-6:45pm
Skateboarding
or
Singing

5:45pm-6:45pm
Cooking

5:45pm-6:45pm
Animation

5:45pm-6:45pm
Youth Club

5:45pm-6:45pm
Youth Club

YOUTH CLUB

Hang out with friends, play games, relax, and enjoy a space made for young people.

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

NICAS Intro sessions available during school holidays. Discounts available for Youth Members.

Open Sessions

9am-9pm
Bouldering
9am-9pm
Roped Climbing
3:30pm-5:30pm
Youth Open Gym
or
Youth No Sweat Intro

9am-4pm
Roped Climbing
3:30pm-5:30pm
Youth Open Gym
4pm-9pm
Bouldering

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

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
9am-4pm
Family Gym
9am-4pm
Youth No Sweat Intro

9am-5pm
Bouldering
9am-5pm
Roped Climbing
9am-4pm
Family Gym
9am-4pm
Youth No Sweat Intro

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 boulders 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.



Free Taster Sessions!
[Book here!](#)