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.

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

Science
Explore how the world works through hands-on experiments, investigation and practical science activities that encourage curiosity and discovery.

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

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

UV Dodgeball
Duck, dodge, and throw while building teamwork, agility, and confidence through fast-paced dodgeball games. Played under UV lighting.

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

Youth Open Gym
Stay active while building confidence, fitness, and social skills in a fun, supervised gym environment.
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

Coached Sessions

MON	TUE	WED	THUR	FRI	SAT	SUN
3:30pm-5pm Youth Open Gym 4:30pm-5:30pm Science or UV Dodgeball	3:30pm-5pm Youth Open Gym 4:30pm-5:30pm Youth Strength & Conditioning or Intro' to Climbing	3:30pm-5pm Youth Open Gym 4:30pm-5:30pm Cooking or Intro' to Climbing	3:30pm-5pm Youth Open Gym 4:30pm-5:30pm Podcasting or Intro' to Climbing	3:30pm-5pm Youth Open Gym 3:30pm-6pm Youth Football 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 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 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.

Free Taster Sessions!
Book here!