

Activity Descriptions

Air Crew

Bridgwater YMCA's longest standing programme. Young people can access the centre to either skate or chill. Skate ramps are permanently situated within our sports hall. Ramps include a combo box, quarter pipe, kicker and grid blocks.

Caving

A unique activity enabling future explorers to navigate their way around a network of tunnels creating a realistic caving experience. The activity includes instruction and equipment hire. Fun and games are guaranteed.

Basketball Sessions

The goal of the sessions are to have fun and to gain a better understanding of the rules of basketball. Participating in these sessions will help improve fitness and develop skills including shooting, ball handling and playing as part of a team.

MUGA and field games

This will include a combination of team games including kwik cricket, F15bee, rounders, football, orienteering, problem solving and much more...

Low Ropes Club

Perfect for all ages, our new purpose built low ropes course will encourage communication and co-operation, helping individuals build their confidence whilst developing their balance and co-ordination. Each challenge calls on the collective contributions of every participant—drawing on their ideas, support, and effort to achieve a shared goal.

Bike Ride

There is no better way to explore the Bridgwater and Taunton Canal than on bike. Cycle rides take place along the extensive canal towpath avoiding traffic and the hustle and bustle of town. Our fleet of bikes are available for all sizes.

Arcade games nites

An evening of pool, air hockey and table football. Challenge your friends or staff. Tournaments organised for those with a competitive nature. Access to all arcade type games are free within these sessions.

Tennis

Does exactly what it says on the tin! Come along and have a knock about on our outside tennis court.

Easyline Sessions

Set in a circle the equipment covers all the main muscle groups with cardio steps placed in between to work your heart and lungs. The unique push and pull set-up of the EASYLINE make it suitable for all ages and abilities.

- The benefits of this new system include;
- » Increase muscle tone
 - » Weight loss
 - » Improved CV fitness
 - » Exciting and innovative
 - » Full body workout

Skeleton Crew

BMX riders can now take full advantage of our indoor skate ramps to practice and learn skills and tricks. Sessions are split into one hour groups to ensure ample riding space.

Table Tennis

Enjoy a game or two of table tennis. Develop existing skills or if you are new to the sport simply come along and give it a bash.

5-A-Side Football

Bring a team along and challenge other teams to a mini tournament or simply take part in a skills development session. Sessions will be designed to suit the groups requirements. This could be either a skills session, tournament or just a casual kick around.



Youth Programme

Summer 2010 programme



Bridgwater YMCA Foyer • George Williams House
Friarn Avenue • Bridgwater • Somerset • TA6 3RF

Why not visit the centre to find out more or alternatively you can call 01278 422511 for more details

2010 Youth Programme Activity Schedule

Offering something for everyone

Date	Activity 1	Activity 2	Activity 3
Mon 12th July	Basketball 6.30pm—7.30pm	Field Games 6pm—9pm	Caving 6pm—8pm
Wed 14th July	Field Games 6pm—9pm	Low Ropes 6.30pm—8.30pm	Arts and Design 6pm—8pm
Thurs 15th July	Bike Ride 6.30pm—8.30pm	Easyline Session 6pm—7pm	★ Sexual Health Workshop 6.30pm—8pm
Fri 16th July	Film Night 6pm—9pm	Field Games 6pm—9pm	MUGA Games 6pm—9pm
Mon 19th July	Basketball 6.30pm—7.30pm	Arcade Games Nite 6pm—9pm	★ Wellness Workshop 6.30pm—8pm
Wed 21st July	Bike Ride 6.30pm—8.30pm	Field Games 6pm—9pm	Table Tennis 6pm—9pm
Thurs 22nd July	Easyline Session 6pm—7pm	Low Ropes 6.30pm—8.30pm	Arcade Games Nite 6pm—9pm
Fri 23rd July	Film Night 6pm—9pm	5-A-Side Football 6.30pm—8pm	★ Debate Session 6.30pm—8pm
Mon 26th July	Air Crew 6pm—9pm	Arcade Games Nite 6pm—9pm	Basketball 6.30pm—7.30pm
Wed 28th July	Air Crew 6pm—9pm	Youth Forum 6.30pm—8pm	Tennis 7pm—9pm
Thurs 29th July	Skeleton Crew 6pm—9pm	Pool Tournament 6pm—9pm	★ Wellness Workshop 6.30pm—8pm
Fri 30th July	Air Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Arcade Games Nite 6pm—9pm
Mon 2nd Aug	Air Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Basketball 6.30pm—7.30pm
Wed 4th Aug	Air Crew 6pm—9pm	★ Men's Health Workshop 6.30pm—8pm	Caving 6pm—8pm
Thurs 5th Aug	Skeleton Crew 6pm—9pm	Easyline Session 6pm—7pm	Arcade Games Nite 6pm—9pm
Fri 6th Aug	Air Crew 6pm—9pm	5-A-Side Football 6.30pm—8pm	Caving 6pm—8pm
Mon 9th Aug	Air Crew 6pm—9pm	Bike Ride 6.30pm—8.30pm	★ Woman's Health Workshop 6.30pm—8pm
Wed 11th Aug	Air Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Arcade Games Nite 6pm—9pm
Thurs 12th Aug	Skeleton Crew 6pm—9pm	Pool Tournament 6pm—9pm	Easyline Session 6pm—7pm
Fri 13th Aug	Air Crew 6pm—9pm	Quiz Night 6.30pm—9pm	Caving 6pm—8pm

Date	Activity 1	Activity 2	Activity 3
Mon 16th Aug	Air Crew 6pm—9pm	Field Games 6pm—9pm	Caving 6pm—8pm
Wed 18th Aug	Air Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Arts and Design 6pm—8pm
Thurs 19th Aug	Skeleton Crew 6pm—9pm	Easyline Session 6pm—7pm	Bike Ride 6.30pm—8.30pm
Fri 20th Aug	Air Crew 6pm—9pm	Field Games 6pm—9pm	MUGA Games 6pm—9pm
Mon 23rd Aug	Air Crew 6pm—9pm	Arcade Games Nite 6pm—9pm	Basketball 6.30pm—7.30pm
Wed 25th Aug	Air Crew 6pm—9pm	Field Games 6pm—9pm	Bike Ride 6.30pm—8.30pm
Thurs 26th Aug	Skeleton Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Easyline Session 6pm—7pm
Fri 27th Aug	Air Crew 5pm—6pm	End of Summer BBQ 6pm—9pm	Battle of the bands evening 7pm—9pm
Mon 30th Aug (Bank Holiday)	Air Crew 2pm—5pm	Arcade Games Nite 2pm—5pm	MUGA Games 2pm—5pm
Wed 1st Sept	Air Crew 6pm—9pm	Youth Forum 6.30pm—8pm	Tennis 7pm—9pm
Thurs 2nd Sept	Skeleton Crew 6pm—9pm	Pool Tournament 6pm—9pm	★ Wellness Workshop 6.30pm—8pm
Fri 3rd Sept	Air Crew 6pm—9pm	Low Ropes 6.30pm—8.30pm	Arcade Games Nite 6pm—9pm

Use of the internet is included as part of air crew, youth club and skeleton crew programmes. There is no additional charge for this service

Youth programme
Opening hours
 Monday, Wednesday, Thursday & Friday
 6:00pm—9:00pm

Charges

Youth Club £2.50 per session
 Air Crew £3.00 per session
 Skeleton Crew £1.50 per hour

All the above sessions are included as part of the Hyperactive membership package.

★ Workshops—Where this symbol is showing there is no charge to attend.

