









# Youth and Community Session Timetable 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Upgrade Yourself</b> 4–6pm Term time only Coin Street neighbourhood centre 10–18 years (Y6+) Free	<b>Dancercise</b> 10–11am Colombo Centre 50 years+ £3	<b>Upgrade Yourself</b> 5–6pm Term time only Online 10–18 years (Y6+) Free	<b>Coffee Morning</b> 11am–1pm Colombo Centre All ages Free	<b>Over 50s Art Group</b> 11am–1pm Fortnightly Coin Street neighbourhood centre 50 years+ £3 optional	<b>Feel Good Saturday</b> 11am–2pm Colombo Centre 50 years+ Free	<b>Youth Gym</b> 4–5pm Colombo Centre 13–18 years Free
<b>Young Leaders</b> 6–7pm Term time only Coin Street neighbourhood centre 12–18 years (Y6+) Free	<b>Shake Your Groove! Dance with Jreena Green</b> 11.30am–12.30pm Colombo Centre Free		<b>Gym 'n' Juice</b> 1.30–2.30pm Colombo Centre Women of all ages Free		<b>Over 50s Dance with Rambert</b> 2.30–3.30pm Term time only Colombo Centre 50 years+ £3	<b>Youth Football</b> 3–7pm Colombo Centre 13–18 years Free
	<b>Gentle Gardening</b> 11.30am–2pm Bernie Spain Gardens 18 years+ Free		<b>Youth Night</b> 4.30–7pm (14–16 yrs) 4.30–6pm (8–13 yrs) Term time only Colombo Centre 8–16 years Free	<b>Youth Gym</b> 5pm–7pm Colombo Centre 14–18 years Free	<b>Girls Gym</b> 3pm–4pm Colombo Centre 14–17 years Free	
			<b>Community Singing</b> 6.15–7.30pm Coin Street neighbourhood centre 18+ years Free		<b>Youth Football</b> 3pm–7pm Colombo Centre 14–18 years Free	

Please email:  
[community@coinstreet.org](mailto:community@coinstreet.org)  
 to register for sessions

Participants must contact us  
 before attending a session in order  
 to register and book their place.  
 Priority is given to local residents.

Find out more:  
[community@coinstreet.org](mailto:community@coinstreet.org)  
 020 7021 1600  
[coinstreet.org/whats-on](https://coinstreet.org/whats-on)

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Coin Street neighbourhood centre, SE1 9NH  
 Colombo Centre, SE1 8DP  
 Bernie Spain Gardens, SE1 9PH  
 Archbishop's Park, SE1 7LE