# **Youth and Community Programmes Session Timetable Autumn Term 2022\***





\*= Start dates vary according to session, please contact us to find out more

# Monday

# Tuesday

# Wednesday

# **Thursday**

#### **Friday Saturday**

# **Sunday**

#### **Upgrade Yourself**

16:00-18:00 Coin Street Neighbourhood Centre Young People 10-18 years (Y6 and above)

### **Young Leaders**

Free

18:00-19:30 Coin Street Neighbourhood Centre Young People 12-18 vears Free

#### **Dancercise** 10:00-11:00 Colombo Centre

50 years+

£3

### **Shake Your Groove! Dance**

11:30-12:30 Colombo Centre Free

#### **Gentle Gardening**

11:30-14:00 Bernie Spain Gardens 18 years+ Free

#### **Upgrade Yourself**

16:00-18:00 Online Young People 10-18 years (Y6 and above)

## Herbs, Flowers, **Teas and Treats**

Free

10:30-12:30 Monthly Archbishop's Park 50 Years+ Free

#### **Coffee Morning** 11:00-13:00 Group

Colombo Centre All ages

Gym 'n' Juice 14:00-15:00 Colombo Centre Women of all ages Free

Free

#### **Youth Night**

Colombo Centre 8-11 years group 16:30-18:00 12-16 years group 17:00-19:00

Free

#### Community Singing

18:15-19:45 Coin Street Neighbourhood Centre 18 years+ Free

# Over 50s Art

11:00-13:00 **Fortnightly** Coin Street Neiahbourhood Centre 50 years+ £3 optional

### Youth Gym

17:00-19:00 Colombo Centre Young People 14-18 years Free



# Children's **Creative Dance**

with Rambert 10:30-11:30 Colombo Centre Children 5-8 years £3 optional

## **Feel Good Saturday**

11:00-14:00 Colombo Centre 50 years+ Free

## Over 50s Dance with Rambert

14:30-15:30 Colombo Centre 50 years+ £3

#### Youth Football 15:00-19:00

Colombo Centre Free

Youth Football 16:00-19:00 Colombo Centre Free

## Take a look at our website to find out more:

https://coinstreet. org/whats-on



Scan here to sign up to our newsletter!



## Participants must contact us before attending a session in order to register and book their place:

community@coinstreet.org 02070211600

