Youth and Community Programmes. Session Timetable Spring Term 2023*



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

Monday

Tuesday

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

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
years
Free

Upgrade Yourself

17:00-18:00 Online Young People 10-18 years (Y6 and above)

Free

Herbs, Flowers,
Teas and Treats
10:30-12:30
Monthly
Archbishop's Park
50 Years+
Free

Coffee Morning 11:00-13:00 Colombo Centre All ages

Free

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

Hip Hop Street Styles with Rambert 16:15-17:00

Colombo Centre Children 5-8 years **Free**

Youth Night

Colombo Centre 8-16 years group 16:30-19:00 **Free**

Community

Singing 18:15-19:45 CSNC 18 years+ Free

Over 50s Art Group

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

Youth Gym

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

Feel Good Saturday

11:00-14:00 Colombo Centre 50 years+ Free Over 50s Dance

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!



Scan here to register with us!



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

community@coinstreet.org 02070211600



