

# Youth and Community Programmes

## Session Timetable Summer Term 2022



### Monday

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

**Young Leaders**  
18:00-19:30  
Coin Street  
Neighbourhood  
Centre  
Young People 12-18  
years  
**Free**

### Tuesday

**Dancercise**  
10:00-11:00  
Christchurch Hall  
50 years+  
**£3**

**Shake Your  
Groove! Dance**  
10:00-11:00  
Colombo Centre  
**Free**

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

### Wednesday

**Upgrade Yourself**  
16:00-18:00  
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**

### Thursday

**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**

**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**

### Friday

**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**

**Girls Fitness &  
Nutrition**  
16:30-18:30  
Colombo Centre  
Girls 13-16 years  
**Free**

### Saturday

**Children's Dance  
and Movement  
with Rambert**  
10:00-11:00  
Colombo Centre  
Children 4-8 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**

### Sunday

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

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

<https://coinstreet.org/whats-on>



**If you would like to join a session,  
join our mailing list, or find out  
more please contact:  
[community@coinstreet.org](mailto:community@coinstreet.org)**

