

# Kids, Teens & Family Classes & Activities

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 13/05/2024

Times for Tuesday 7 July			
Time	Session	Facility	
15:30 - 17:30	Junior Gym 14-16yrs	Y:Active Fitness Studio	
16:30 - 17:00	Dodgeball Fitness (8yrs+)	Y:Active Fitness Studio	