

# Kids, Teens & Family Classes & Activities

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/04/2024

### Times for Wednesday 8 July



| Time          | Session                 | Facility                |
|---------------|-------------------------|-------------------------|
| 15:30 - 17:30 | Junior Gym 14-16yrs     | Y:Active Fitness Studio |
| 16:30 - 17:00 | Spartan Rig - Kids (8+) | Y:Active Fitness Studio |
| 17:15 - 17:45 | Kid's Box Fit (8-12yrs) | Y:Active Fitness Studio |