

# Kids, Teens & Family Classes & Activities

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 18/05/2024

Times for Wednesday 1 May

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