



YMCA INCLUSIVE

Active opportunities for everyone

YMCA

Session Timetable

What is YMCA Inclusive?

YMCA Plymouth's inclusive activity sessions provide a safe and friendly environment for people with additional needs to take part and enjoy a range of sports and activities, helping them improve health, skills and confidence. All sessions are delivered by experienced staff with relevant additional needs training.

Who is it for?

Sessions cater to people with a range of additional needs that may include autism spectrum, ADHD or other intellectual disabilities. Our sessions are also ideal for those who struggle with anxiety or find it difficult to be included in typical settings.

How much does it cost?

Each session is £3 per child. As an independent charity, all contributions help sustain and make our service possible.

- ✓ Build confidence
- ✓ Social Interaction
- ✓ Improve Fitness
- ✓ Coordination & Balance
- ✓ Increase Focus

Find out more:
ymcaplymouth.org.uk/inclusive



Multi-Activity Fun Days

When: Sunday
11am - 12.30pm
Ages: All Ages



Indoor Climbing

When: Tuesday
5pm - 6pm
Ages: 8-18



YMCA Specials Multi-Sport

When: Wednesday
4.45pm - 5.45pm
Ages: 6-16s



Special Olympics

When: Wednesday
6.00pm - 8.00pm
Ages: 16+



Fun Bounce

When: Thursday
4.30pm - 5.30pm
Ages: 5-18



Trampolining

When: Thursday
5.30pm - 6.30pm
Ages: 8 - 18

*Session info overleaf



YMCA Inclusive Session Details



Fun Days

Our inclusive activity days provide fun for the whole family. Sessions include lots of sports and games for those with an additional needs, including; trampolining, climbing laser shooting, table tennis, badminton, bouncy castle and more!

Fun Bounce

This session is for children and young people with mobility related disabilities and other additional needs. Supported by a qualified instructor, these sessions aim to be fun while also helping improve strength and mobility.

YMCA Specials

This multi-sport club helps build confidence and ability in a fun and friendly environment. Through *Special Olympics*, opportunities for competition are also available for those with diagnosed intellectual disabilities.

Special Olympics

Open to people with an Intellectual (Learning) Disability aged 16+. Sports at this club include; Boccia, Badminton, Short Map Bowls, Football, Tag Rugby, Kwik Cricket, Judo, Basketball, and much more!

Trampolining

A more advanced and structured version of our *Fun Bounce* sessions. This session is for young people who want to progress and develop their trampolining ability.

Indoor Climbing

Our indoor climbing sessions aim to make the fun and benefits of climbing available to people with a wide range of ability. We use specialist equipment and qualified instructions to deliver these fun and engaging sessions.

£3 per session

All sessions are open for drop-in, however we recommend first contacting us to discuss your child's needs.

T 01752 201918 | enquiries@ymcaplymouth.org.uk | ymcaplymouth.org.uk/inclusive

YMCA Plymouth, Honicknowle Lane, PL5 3NG | Charity No. 1066919



YMCA INCLUSIVE

Active opportunities for everyone

Activities, sports and clubs for people with disabilities and additional needs.

Supported by

Samworth Brothers

QUALITY FOODS



Co-op Community Fund

Support us with your Co-op membership!

YMCA



Samworth Brothers

QUALITY FOODS



YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION