


# DANSON YOUTH CENTRE

DAY	CLUB / ASHMOLE HALL	SPORTS HALL	PLUMRIDGE HALL	ROBERTSON ROOM
MONDAY 5.30-8.00	6.00 - 8.00 <u>MEGA-MIX MONDAY 8-13 yrs</u> This session includes sports, arts & crafts and seasonally themed activities.  6.30 - 7.30 DRAMA 7-Teens	5.00 - 6.30 <u>ROLLER SKATING</u> Junior Fun Session 6+ yrs Please bring your own skates		
TUESDAY 5.00-9.30	5.00 - 6.30 <u>ART CLUB 6+ yrs</u>	7.30 - 9.00 TRAMPOLINE Club  7.45 - 9.00 <u>FOOTBALL TRAINING with FA Qualified Coach 11+ yrs (Part of Youth Club)</u>	6.30 - 7.30 7.30 - 9.30 BOXING 9+ yrs IMPROVERS ADVANCED <i>BOXING - BEGINNERS COURSE AGES 9+ PLEASE TELEPHONE FOR DETAILS</i>	7.30 - 9.30 <u>THAI BOXING 14+ yrs</u>
WEDNESDAY 4.00-9.00	6.00 - 8.00 <u>MULTI ACTIVITIES</u> <u>School Years 5 &amp; 6 (9-11 yrs) only</u>	4.30 - 5.30 5.30 - 6.30 6.30 - 7.30 7.30 - 8.30 TRAMPOLINE Young Beginners TRAMPOLINE Beginners TRAMPOLINE Improvers TRAMPOLINE Club	7.00 - 9.00 BOXING Special Training	5.00 - 5.45 6.00 - 7.00 7.00 - 8.00 MINI JUDO 4-5 yrs JUDO 5-7 yrs JUDO 8-15 yrs
THURSDAY 4.00-9.30	7.00 - 9.30 <u>MULTI ACTIVITIES 11+ yrs</u> This session is open to tender young people and those with additional needs. Please ask for further information.	4.00 - 5.00 5.00 - 6.00 6.00 - 7.00 7.00 - 8.00 TRAMPOLINE Young Beginners TRAMPOLINE Beginners TRAMPOLINE Improvers TRAMPOLINE Club	6.30 - 7.30 7.30 - 9.30 BOXING 9+ yrs IMPROVERS ADVANCED <i>BOXING - BEGINNERS COURSE AGES 9+ PLEASE TELEPHONE FOR DETAILS</i>	4.00 - 5.00 5.00 - 6.00 6.00 - 7.00 7.30 - 9.30 GYMNASTICS 4-6 yrs GYMNASTICS 6-7 yrs GYMNASTICS 7-9 yrs <u>THAI BOXING 14+ yrs</u>
FRIDAY 5.00-9.30	7.00 - 9.30 <u>"TEEN SCENE"</u> <u>VARIED PROGRAMME</u> <u>11-15 yrs</u>  	5.00 - 6.00 6.00 - 7.00 7.00 - 9.00 FOOTBALL 4-6 yrs FOOTBALL 7-11 yrs <u>VARIED SPORTS PROGRAMME</u> <u>11+ yrs (Part of Teen Scene)</u>		
SATURDAY 9.00-6.00	 <b>SKATE PARK</b> 8+ years BMX/ Skateboard/Scooter See current programme	9.00 - 11.00 11.00-12.00 12.00 - 1.00 1.00 - 2.00 4.00 - 6.00 SESSIONS FOR BOYS & GIRLS CLUB GYM Invitation Only GYMNASTICS 4-7 yrs GYMNASTICS 8-9 yrs GYMNASTICS 10-Teens  <u>FAMILY BADMINTON</u> <u>Members &amp; Parents</u>	 LIKE US ON <b>facebook</b>   Follow us on <b>twitter</b>	search DansonYouthCentre  @DansonYC
SUNDAY		Please note sessions that are <u>underlined</u> do not require booking. All others please enquire at the Centre as these are payable termly and/or have waiting lists.		

**CHILD & YOUTH M/SHIP**  
£10 PER ANNUM

**FEES: GENERAL ACTIVITIES**  
£2.50 MEMBER WITH CARD  
£3 NON MEMBER

**FEES: STRUCTURED CLASSES**  
Fees based on course length  
£5 TASTER SESSION

**ADULT M/SHIP (19+ yrs)**  
£20 PER ANNUM

**FEES** £4 MEMBER  
£5 NON MEMBER

*Those parents who wish to remain on site may only do so at our dedicated facility 'The Hut' coffee bar.*

Some activities have restricted age groups and some sessions may have a waiting list. Please see programme overleaf for general details or contact the Centre. (Programme may change due to demand).

**PLEASE READ MATERIALS ON OUR NOTICE BOARDS FOR EVER-CHANGING ADDITIONAL INFORMATION**

**YOUTH CENTRE SCHOOL HOLIDAY PROGRAMME**

A full and varied range of activities and outings each school half-term & summer holiday

LOOK OUT FOR LEAFLETS, VISIT THE WEBSITE OR CONTACT THE YOUTH CENTRE DIRECT

**ACTIVITIES FOR ADULTS**

<u>BADMINTON</u>	MONDAY	9.30-11.30 am
	WEDNESDAY	9.30-11.30 am
	FRIDAY	9.30-11.30 am
	SATURDAY	4.00 - 6.00 pm

MIXED ACTIVITIES (BADMINTON and/or TABLE TENNIS)

	TUESDAY	12.00-3.00 pm
	FRIDAY	1.00-3.30 pm

CLUBBERCISE MONDAY 8.00-9.00 pm

WEDNESDAY 7.15-8.00 pm

INSANITY WEDNESDAY 8.15-9.15 pm

PIYO THURSDAY 7.30-8.30 pm

THAI BOXING TUESDAY 7.30-9.30 pm

THURSDAY 7.30-9.30 pm

# DANSON YOUTH CENTRE

BRAMPTON ROAD, BEXLEYHEATH, KENT. DA7 4EZ  
020 8303 6052

dansonyc@btconnect.com

www.dansonyouth.org.uk



see inside for our full programme of activities

## ADULTS - see back page

Danson Youth Trust is a vibrant Centre for over 3000 children and young people. With sports, arts and social activities for all ages in a creative and nurturing environment. Danson and its staff strive to help children and young people be safe, happy, and healthy and learn through participation and activity.

Activities for under five's, children, pre-teens, teens and young adults.