

Monday	3.00pm-5.00pm Open Access 1:1 Sessions Zoom, telephone Juniors and Seniors			
Tuesday	3.30pm-4.30pm Open Access Virtual Youth Session Zoom Seniors 14-19 yrs (25 SEN)	5.00pm-6.00pm Open Access 1:1 Sessions Zoom, telephone Juniors and Seniors		
Wednesday	3.30pm-4.30pm Open Access Virtual Youth Session Zoom Juniors 10-13 yrs	5.00pm-6.00pm Open Access Personal Training Gym Zoom Juniors and Seniors		
Thursday			6.00pm-7.00pm Open Access Developing Life Skills Zoom Seniors	7.00pm-8.00pm Open Access 1:1 Sessions Zoom, telephone Juniors and Seniors

Tees Valley YMCA:

- ❖ Open Access Youth Club – Join our Youth Workers at our Open Access Virtual Youth sessions
- ❖ Healthy Lifestyle Session – Personal Training gym sessions with local instructors. Developing life skills sessions co-produced with the young people to fit the needs of the group
- ❖ 1:1 Sessions – Young people can talk to TV YMCA staff on an individual basis

These sessions are open access however referrals into YMCA services can be made by contacting the youth work team on 01325 462450 ext. 24 or email

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