

Monday			5.00pm-8.00pm Open Access 1:1 Sessions Zoom, telephone Juniors and Seniors
Tuesday	2.30pm-3.30pm Team Meeting Zoom Community Services TV YMCA Staff	5.30pm-6.30pm Open Access Virtual Youth Session Zoom Seniors 14-18 (25 SEN)	
Wednesday	4.30-5.30pm Open Access Virtual Youth Session Zoom Juniors 10-13 yrs		5.30 to 6.30pm Healthy Lifestyle Boxercise Zoom Juniors and Seniors
Thursday		5.00pm-6.00pm Open Access Developing Life Skills Zoom Juniors or Seniors	6.00pm to 6.30pm Healthy Lifestyle HIIT Zoom 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. Referrals into YMCA services can be made by contacting the youth work team on 01325 462450 ext. 24 or email

fsvendsen@teesvalleyymca.org.uk