

St Annes YMCA Adult Classes and Activities

Day	Time	Session
Mon	9:00am-10:00am	Intense Conditioning with Lucie
	9:30am – 11:30am	Open Play Badminton
	9:45am - 11:15am	Yoga with Joanne
	10:15am – 11:15am	Low Impact Circuits with Lucie
	1:30pm – 3:00pm	Folk Dancing with Margaret
	6:00pm – 7:00pm	Body Balance with Sue Mann
	7:00pm – 8:00pm	Step and Tone with Hannah
	7:00pm – 8:00pm	Tae Kwon Do 13+ with Rob
	7:00pm – 8:00pm	Circuit Training with Dan
	7:15pm – 8:30pm	Explosive Self Defence with Martin
Tues	9:30am – 10:30am	50+ Exercise with Shirley
	10:00am – 12:00 noon	Harry's Tots Club (Childcare while you workout)*
	10:00am – 11:30am	Legs, Bums and Tums with Sue Mann
	10:00am – 11:30am	Tai Chi with Dora
	1:00pm - 2:00pm	Inner Strength Pilates with Lisa
	5:00pm – 6:00pm	Body Attack with Sue Mann
	6:00pm – 7:00pm	Body Combat with Sue Mann
	6:15pm – 7:15pm	Boxercise with Lucie
	7:00pm – 8:00pm	Legs, Bums and Tums with Izzy
	7:30pm – 9:00pm	Tai Chi with Dora
Wed	9:45am – 11.15am	Power Yoga with Joanne
	10:00am – 11.00am	Legs, Bums and Tums with Sue Hathaway
	5:15pm - 6:45pm	Power Yoga with Joanne
	5:45pm – 6:45pm	Body Conditioning with Sue Mann
	6:45pm – 7:45pm	Body Balance with Sue Mann
	7:00pm – 8:30pm	Intermediate Yoga with Joanne
	7:45pm – 8:45pm	Bodypumpt with Lucie
	8:00pm – 9:45pm	Open Play Badminton
Thurs	9:30am – 11:00am	50+ Exercise with Shirley
	10:00am – 11:00am	Bodypumpt with Lucie
	10:00am – 12:00 noon	Harry's Tots Club (Childcare while you workout)*
	1:00pm – 2:00pm	Inner Strength Pilates with Lisa
	1:30pm onwards	Walks to Fitness with volunteers

Continued Overleaf

	6:00pm – 7:00pm	Body Combat with Jackie
	7:00pm – 8:00pm	Body Attack with Jackie
	7:00pm – 8:30pm	Yoga with Joanne
	7:00pm – 8:30pm	Tai Chi with Dora
	8:45pm – 9:45pm	Explosive Self Defence with Martin
Fri	9:00am – 10:00am	Body Balance with Jackie
	9:30am – 11:30am	Open Play Short Mat Bowls
	10:00am – 11:00am	Legs, Bums and Tums with Sue Hathaway
	10:00am – 11:30am	Tai Chi with Dora
	11:00am – 12:00 noon	Inner Strength Pilates with Lisa
	11:15am – 12:15pm	50+ Exercise with Lucie
Sat	10:00am – 11:00am	Body Combat with Jackie
	11:00am – 12:00 noon	Body Combat with Jackie
Sun	10:00am – 11:00am	Legs, bums & tums with Sue Mann / Jackie
	11:00am – 12:00 noon	Body attack with Sue Mann / Jackie
	1:00pm – 2:00pm	Fylde Coast YMCA Sports Academy: Adult Disability Football Age 16+
	3:30pm – 5:30pm	Open Play Badminton

* Pre-booking essential call 01253 724117

St Annes YMCA Adult Education Classes

Day	Time	Session
Mon	9:30am – 11:30am	French Advanced with Sylvie
Tues	9:30am – 11:30am	Spanish Intermediate with Sita
	6:30pm – 8:30pm	Jewellery and Silversmithing with Mark
Wed	9:30am – 11:30am	French Intermediate
Thurs	9:30am – 11:30am	French Polishing with Bryan
	6:00pm – 7:00pm	Italian (Beginners)
	6:30pm – 8:30pm	Jewellery and Silversmithing with Mark
	7:00pm – 8:00pm	Italian (Intermediate)

Ask reception for details of course dates.

St Annes YMCA

Tots and Juniors:

Y Kids, Harry's Childcare and Children's Parties

Day	Time	Session
Mon - Fri	8:30am – 5:30pm	School Holiday Kidz Club
	7:30am – 8:30am	Before School Club with YMCA Childcare Team
	3:30pm – 5:45pm	After School Club with YMCA Childcare Team
Tues - Fri	10:00am – 12:30pm	Harry's Parent and Toddler Group
Tues & Thurs	10:00am – 12:00 noon	Harry's Tots Club (Childcare while you workout)*
Tues - Sun	Various Times	Harry's Children's Parties*

* Pre-booking essential call 01253 724117

St Annes YMCA Tots and Junior Classes and Activities

Day	Time	Session
Mon	5:30pm – 6:45pm	Fylde Coast YMCA Sports Academy: Girls Football Coaching Age 6 - 11
	6:00pm – 7:00pm	Tae Kwon Do, graded with Rob Age 7 - 15
Tue	5:30pm – 6:30pm	Sports Acro with Acro Staff – Improvers Session
	5:30pm – 8:30pm	Sports Acro with Acro Staff – Squad Session with Sue
Wed	3:45pm – 5:00pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 5 - 7
	5:00pm – 6:30pm	Judo with Colin Elite Classes 4+
	5:00pm – 6:15pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 8 - 11
Thurs	4:00pm – 4:45pm	Cheerleading Age 8 – 12
	4:45pm – 5:30pm	Cheerleading Squad
	5:30pm – 6:00pm	Judo with Colin, 12 week course Age 5 - 6
	5:30pm – 6:30pm	Judo with Colin, 12 week course Age 7+
	5:30pm – 7:00pm	Judo with Colin Elite Classes
Fri	5:00pm – 6:30pm	Judo with Colin Elite Classes, All Ages
	5:30pm – 8:30pm	Sports Acro with Acro Staff – Improvers Session
	6:30pm – 7:30pm	Sports Acro with Acro Staff – Improvers Session
Sat	9:30am – 11:00am	Sports Acro with Acro Staff – Junior Squad with Sue
	9:30am – 12:30pm	Sports Acro with Acro Staff – Squad Session with Sue
	5:00pm – 6:15pm	Dodgeball with YMCA Staff Age 7 - 12
Sun	9:30am – 10:30am	Fylde Coast YMCA Sports Academy: Football Coaching Age 3 - 4
	10:30am – 11:30am	Fylde Coast YMCA Sports Academy: Football Coaching Age 5 - 6
	11:30am – 12:30pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 7 - 9
	2:00pm – 3:00pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 8 - 15

Fylde Coast YMCA Sports Academy Parties also available on Saturdays and Sundays. Ask reception for details.

YMCA Performing Arts Academy @ St Annes YMCA

Day	Time	Session
Mon	11am – 11:45am	Pre-school Freestyle with Miss Rebecca (Age 3 – 4)
	4pm – 4:45pm	Prep Ballet with Miss Rebecca (Age 4 – 5)
	4pm – 4:45pm	Cheerleading with Miss Karen (Age 6 – 8)
	4pm – 5pm	Adv Gym with Mrs Morgan (not beginners)
	4:45pm – 5:30pm	Grade 4 Ballet with Miss Rebecca (not beginners)
	5pm – 5:45pm	Freestyle Modern with Miss Karen (Age 8 – 11)
	5:30pm – 6:15pm	Silver Tap with Miss Rebecca (not beginners)
	6:15pm – 7pm	Adv Pointe Work with Miss Rebecca (not beginners)
	7pm – 8pm	Intermediate Ballet with Miss Rebecca (not beginners)
	Tues	5pm – 5:45pm
5:45pm – 6:45pm		New Theatre Group with Miss Faye (Age 8 – 18)
7pm – 8pm		Adult Tap with Antony (beginners welcome)
8pm – 9pm		Adult Advanced Tap with Antony

Wed	4:00pm – 4:45pm	Grade 3 Ballet with Miss Rebecca (not beginners)
	4:00pm – 4:45pm	Junior Freestyle with Miss Louise (Age 5 – 8)
	4:45pm – 5:30pm	Grade 2 Ballet with Miss Rebecca (not beginners)
	4:45pm – 5:30pm	Street Dance with Miss Louise (Age 10+)
	4:45pm – 5:30pm	Freestyle Modern with Miss Karen (Age 10 – 15)
	5:30pm – 6:15pm	Freestyle Modern with Miss Karen (not beginners)
	6:15pm – 7pm	Gold Medal Tap with Miss Rebecca (not beginners)
	7pm – 8pm	Adv Freestyle Modern with Miss Rebecca (not beginners)
	8pm – 9pm	Adult Freestyle Modern with Antony (All Levels)
Thur	2pm – 2:45pm	Pre-School Ballet with Miss Rebecca (Age 3 – 4)
	4pm – 4:45pm	Primary Ballet with Miss Rebecca (Age 6 – 7)
	4pm – 4:45pm	Cheerleading with Miss Karen (Age 9 – 16)
	4pm – 4:45pm	LAMDA Drama with Mrs Hudson (not beginners)
	4:45pm – 5:30pm	Grade 1 Ballet with Miss Rebecca (not beginners)
	4:45pm – 5:30pm	Cheerleading Squad with Miss Karen (not beginners)
	4:45pm – 5:30pm	LAMDA Drama with Mrs Hudson (Age 4 – 8)
	4:30pm – 5:15pm	Boys Street Dance with Miss Louise (Age 5 - 8)
	5:30pm – 6:15pm	Cheerleading with Miss Karen (Age 4 – 7)
	5:30pm – 6:15pm	LAMDA with Mrs Hudson (not beginners)
	5:15pm – 6pm	Boys Street Dance with Miss Louise (Age 9+)
	6pm – 7pm	Adult Street Dance with Miss Louise (All Levels)
	6:15pm – 7:15pm	Grade 5 Ballet with Miss Rebecca (not beginners)
	7:15pm – 8:15pm	Intermediate Ballet with Miss Rebecca (not beginners)
	Fri	2pm – 2:45pm
4:00pm – 4:45pm		Beginners Tap with Miss Rebecca (Age 5 – 8)
4:45pm – 5:30pm		Prelim Tap with Miss Rebecca (Age 8 – 11)
5:00pm – 5:45pm		Musical Theatre with Hannah (Age 4 - 8)
5:30pm – 6:15pm		Bronze Tap with Miss Rebecca (not beginners)
6:15pm – 7pm		Private Lesson with Miss Rebecca
7pm – 8pm		Adv Adult Freestyle with Miss Rebecca (not beginners)
Sat	9am – 9:45am	Grade 4 Ballet with Miss Rebecca (not beginners)
	9:45am – 10:30am	Bronze Gymnastic with Miss Rebecca (not beginners)
	10:30am – 11:15am	Prelim Gymnastic with Miss Rebecca (Age 6 – 9)
	11:15am – 12pm	Prelim Gymnastic with Miss Rebecca (Age 6 – 9)
	12pm – 12:45pm	Juv Gymnastic with Miss Rebecca (Age 4 – 7)
	12:45pm – 1:30pm	Private Lesson with Miss Rebecca
	1:30pm – 4:30pm	Saturday Workshop with Miss Faye (Age 8 – 12)
	2:30pm – 4:30pm	Rehearsals with Miss Rebecca

Contact

St Annes YMCA

St Albans Rd
St Annes
FY8 1XD
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stannes@fyldecoastymca.org

Opening Times

Mon, Wed & Fri: 9:00am - 10:00pm
(last entry 9:00pm)
Tues & Thurs: 6:45am - 10:00pm
(last entry 9:00pm)
Saturday: 9:00am - 7:00pm
(last entry 6:00pm)
Sunday: 9:00am - 6:00pm
(last entry 4:45pm)

Part of the Fylde Coast YMCA

