



YMCA

C L E V E D O N

PROGRAMME OF ACTIVITIES For Adults With Learning Disabilities

If you would like to take part in any of the activities please get in touch, or turn up on the day.
All our activities are suitable for wheelchair users

Wednesday
(Term time only)

7.30-9pm



Y Wednesday Social Club

Organised activities, crafts, pool table, a chance to socialise with your friends and have some fun. Tuck shop. £3.50 No need to book

Thursday
(Term time only)

11am - 12pm



Keep Fit Club

Accessible games and keep fit with Clare. £5 on the day

Thursday
(Term time only)

12.30 - 1.30pm



Lunch Club

Delicious home cooked food. Two courses £4...Bargain! Please book if possible and let us know of any allergies. See menu on noticeboard.

Thursday
(Term time only)

1.30 - 2.30pm



Arts and crafts

Something different every week. £4 pay on the day Book if possible or just turn up.

We will complete a short registration form if you have not been to any of our activities before
Carers and family members are also welcome to stay for lunch.
Call 01275 875261 or email ymcaadmin@clevelandon.ymca.org.uk to find out more or to book a place.

Cleveland YMCA Reg.Charity No.250972, Marson Road Cleveland BS21 7NN

