

Adult Education Classes

Monday

I.T (Beginners)	10:00 – 12:00
Welsh for Adults	13:00 – 15:00

Tuesday

Life Skills	10:30 – 12:30
Return to Learn	12:30 – 15:30
Guitar	18:00 – 20:00
Welsh for Adults	17:30 – 20:30

Wednesday

Sugar Craft	09:30 – 12:00
Job Club	10:00 – 12:00
Welsh for Adults	13:00 – 15:00
Ukulele	14:00 – 15:30
Italian	18:00 – 20:00

Friday

Return to Learn	09:30 – 12:30
Ukulele	9:30 – 11:00



Room Hire

Here at YMCA Neath we have a selection of very affordable meeting/classrooms available for hire. Our rooms are suitable for local organisations, groups, clubs or individuals seeking a central Neath location.

For information on prices and availability please contact us on the number below.

Music

Theory lessons for adults/children & adult piano lessons. Various times available. Please contact Reception for further details.

Contact Us

For more information regarding classes and room hire please contact Reception.

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Updated 07/03/2016

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

YMCA NEATH



YMCANeath



YMCANeath

Community Programme 2016

*'Working in the Community
for the Community'*

YMCA

Fitness Centre			Gymnastics			Dance Wales UK		
Monday – Friday	09:00 – 21:00		Tuesday and Thursday			www.dancewales.co.uk		
Saturday	09:00 – 13:00	3 – 5 years		16:00 – 16:50		Monday		
	Yoga	6 – 8 years		16:50 – 17:50	Cheer Leading (mini)		16:00 – 16:30	
Thursday	11:00 – 13:00	9+ years		17:50 – 18:50	Youth Stunt (8 – 11)		16:30 – 17:30	
					Senior Cheer Leading		17:30 – 18:30	
	Martial Arts		Short Mat Bowls			Junior Dance (13+)		18:30 – 19:30
	Kung Fu Lau Gar	Tuesday		14:15 – 15:30	Senior Dance		19:30 – 20:30	
	Monday		EASI Wellbeing Fitness Classes			Wednesday		
Juniors (5+)	17:00 – 18:00				Youth Cheer Leading (9-11)		17:00 – 18:00	
Seniors	18:00 – 20:00	Monday	Walking Group	11:00 – 12:00	Acrobatics Beginners (7-15)		18:00 – 19:00	
		Monday	Box Circuit	12:15 – 13:00	Advanced Dance (13-18)		19:00 – 20:00	
	Judo	Monday	Yogafusion	20:15 – 21:00				
	Wednesday					Friday		
Juniors (5+)	18:00 – 19:30				Musical Theatre (7+)		17:30 – 19:00	
Seniors	19:00 – 21:00	Tuesday	Circuits	10:00 – 10:45				
		Tuesday	Over 50’s	13:00 – 14:00				
	Karate Shotokan	Tuesday	HIIT	18:00 – 18:45		Saturday		
	Tuesday & Thursday				Tots Funky Fun (3-6)		09:45 – 10:30	
7 – 12 years	19:00 – 20:15	Wednesday	Circuits	10:00 – 10:45		Cylch Play Group – Bilingual 2+		
12+ years	19:00 – 21:00					Monday – Friday		
		Thursday	Circuits	10:00 – 10:45			09:30 – 12:00	
	Ju-Jutsu	Thursday	Over 50’s	13:30 – 14:30		Joanies Club – Senior Citizen Ladies		
	Friday	Thursday	HIIT	18:00 – 18:45		Monday		
Juniors (5+)	18:00 – 19:00	Thursday	Bootcamp	19:15 – 20:00			14:00 – 16:00	
Seniors	19:00 – 20:30					Community Café		
		Friday	Ladies only Walking	10:00 – 12:00		(Computer/Internet access available)		
	Ninjutsu	Friday	Circuits	12:15 – 13:00		Monday & Wednesday		
Saturday	10:45 – 12:45						4:30 – 7:30	
		Sunday	Circuits	16:30 – 17:15				
	Aikido (Lightsaber Academy)	Sunday	Pilates	17:30 – 18:30				
Younglings (6 – 17)	13:00 – 14:00							
Apprentice (17+)	14:00 – 15:00							