



YMCA EAST SURREY

Providing opportunities
for young people to develop
new skills, make new
friends and become more
socially independent.

YMCA

FRIDAY NIGHT PROJECT

Youth club for young people aged
16+ with disabilities.

Registered charity no. 1075028

Friday Night Project provides sports and social activities at our centre in Redhill, as well as trips out. The aim is to offer a relaxed social atmosphere where young people with disabilities can enjoy each other's company and try out fun and exciting new activities led by qualified staff.

Where

YMCA Sports & Community Centre,
Princes Road, Redhill, RH1 6JJ.

When

Every Friday 18:30 – 20:30 (term time only).
Some offsite trips leave earlier, whilst some are meet at venue. Please check listings below.

DATE	ACTIVITY	TIME	COST	BOOK BY
26/04/2019	Trampoline/Seated sports	18:30-20:30	£12	24/04/2019
03/05/2019	YMania www.ymcaeastssurrey.org.uk/our-services/disability/y-mania/	19:30-22:30		
10/05/2019	Inclusive Music	18:30-20:30	£12	08/05/2019
17/05/2019	Multi-Sports	18:30-20:30	£12	
24/05/2019	Nature Walk/Picnic (meet at Reigate Hill car park)	18:00-20:30	£12	22/05/2019
31/05/2019	Half Term - try out our inclusive activity days at www.ymcaeastssurrey.org.uk/inclusive-activity-days			
07/06/2019	Multi-Sports	18:30-20:30	£12	
14/06/2019	Zumba	18:30-20:30	£12	12/06/2019
21/06/2019	Multi-Sports	18:30-20:30	£12	
28/06/2019	Gym/Relaxation	18:30-20:30	£12	26/06/2019
05/07/2019	Multi-Sports	18:30-20:30	£12	
12/07/2019	African Drumming	18:30-20:30	£12	10/07/2019
19/07/2019	Cricket Match/BBQ (meet at Merstham Cricket Club, 1609 Quality Street, Merstham, RH1 3BB)	18:30-21:00	£12	

All sessions must be booked and paid for by the booking date stated.

To book activities please ring **01737779979**

For further information or to get involved

If you would like to know more about the Friday Night Project or would be interested in volunteering please contact Stuart Longstaff.

T 01737 222859

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www.ymcaeastssurrey.org.uk

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