



## G.O.Y.A. (Get Off Your A\*\*\*)

FREE sport and physical activity sessions open to  
young people aged 14 - 19

### MULTI-SPORTS

Every Tuesday 7.15pm - 8:45pm from 4th September onwards  
Acle Recreation Centre, Bridewell Lane, Acle, NR13 3RA

All abilities welcome, just turn up and have a go!

For more information or to find your local youth club please contact:  
YMCA Communities - Telephone: 01603 340865 or  
Email: [youthclubs@ymcanorfolk.org](mailto:youthclubs@ymcanorfolk.org)  
[www.ymcanorfolk.org/what-we-do-2/youth-projects](http://www.ymcanorfolk.org/what-we-do-2/youth-projects)