



Meet  
New  
People

Learn  
New  
Skills

Keep  
Fit

Hang out  
with  
Friends

Get in  
Shape

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

FREE sport and physical activity sessions for young people aged 14-25  
Every Wednesday at the Marina Centre

**Ages 14 - 18**

4.30-5.30pm Swim & Gym

5.30-6.30pm multisports in sportshall

**Ages 1 - 25**

4.30-5.30pm multisports in sportshall

5.30-6.30pm Swim & Gym

**Multisports FREE!**

**£1 charge for use of the gym and swimming pool**

**ALL ABILITIES WELCOME!**

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)