








TERM TIME PROGRAMME










MONDAY

 Girls Club	10-13	5:15 - 6:15pm
 Mixed Club	10-13	6:15 - 7:45pm
 Mixed Club	14+	8:15 - 10:00pm

TUESDAY

 Cooking & Crafts Club	6-9	4:00 - 5:30pm
 Advanced Tennis (invitation only)	6-11	4:00 - 5:30pm
 Gym Session	14-19	4:00 - 6:00pm
 Adventure Club – Cliffhanger	8-11	4:30 - 5:30pm
 Indoor Tennis Coaching	6-11	5:15 - 6:30pm
 Adventure Club – Cliffhanger	12+	5:30 - 6:30pm
 Wheelchair basketball	12-19	6:30 - 8:00pm





WEDNESDAY

 Dance Club – S.C.A.D.	6-9	4:00 - 5:00pm
 Salmon Tigers Football Team (invitation only)	10-14	5:00 - 6:00pm
 Dance Club – S.C.A.D.	10+	5:00 - 6:00pm
 Art Club – SC:art	10-13	5:00 - 6:30pm
 Five-a-side Football	10-13	6:15 - 7:45pm
 Music one-to-one (by appointment)	14-19	6:15 - 7:45pm
 Girls Fitness	14-19	6:30 - 7:45pm
 Art Club – SC:art	14+	7:30 - 10:00pm
 Five-a-side Football	14-19	8:15 - 10:00pm

THURSDAY

 Gym Session	14+	4:00 - 6:00pm
 Trampoline Club	12-19	4:30 - 5:30pm
 6-9s Football	6-9	5:00 - 6:00pm
 Mixed Club	6-9	6:15 - 7:45pm

FRIDAY

 Disability Club – Mixables	12-18	3:30 - 5:30pm
 Disability Club – Mixers	19-25	5:30 - 6:45pm
 Young Leaders (invitation only)	14+	6:00 - 7:30pm
 Mixed Club	14-16	7:15 - 9:00pm

SUNDAY

 Salmon Sunday (2nd & 4th Sunday)	12+	5:30 - 7:30pm
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-  Arts
-  Open Access
-  Other Activities
-  Sports & Adventure

MENTORING

Mentoring is available to young people every day between 4-9pm by appointment. Please speak to a member of staff for more information.

Salmon Youth Centre

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