



Here for young people
Here for communities
Here for you



FREE SEND



Activities@ YMCA!



SEN IN THE DEN!

Friday 3.30pm-5pm | 0-7years old

Monitored softplay sessions for SEND children to explore and have fun in our Ocean City soft play area.



SENERGY

Thursday 4pm-4.45pm | 11-16 years old

Supervised gym sessions for young people with SEND, helping them to grow in confidence and improve their physical fitness.



SENSATIONAL SPORTS!

Wednesday 4pm-4.45pm | 8-14years old

Fun and inclusive multi-sport sessions for SEND children to enjoy the benefits of participating in sports.



SEN-BOUNCE

Saturday 4.30pm-5.30pm | 5-16years old

Supervised bouncy castle sessions for SEND children to play across 3 inflatables.

Book & learn more



Please make sure to book in advance for each session.



This programme is supported by Plymouth City Council.



Parent/Guardian attendance is required

Find us at : YMCA Plymouth, Honicknowle Lane, PL5 3NG
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