

youth

Chat 1st

for Year 7 - Year 11

Meet in main reception of the Brentwood Centre for all sessions

TUESDAY
8-9pm
FOOTBALL
Sports Hall
FREE

WEDNESDAY
5-6pm
RUNNING CLUB
For all abilities
£2 per Session

THURSDAY
5.30-6.30pm
YOGA
Teen yoga and
mindfulness
£2 per Session

NEW CLASS!

WEDNESDAY
7-8pm
BOXING CLUB

NEW!

Ages 14-19 (ages up to 25 with
additional needs also welcome)
£2 per Session

FRIDAY
5-7pm
**FRIDAY NIGHT
TAKEOVER**
Enjoy a whole host of activities
including mixed martial arts,
volleyball, football, basketball,
tag rugby, netball, parkour,
dance classes, swimming,
chill out zone and more
£2 per Session

SATURDAY
4-5pm
**AUTISM
FRIENDLY GYM***
£2 per session
Ages 12-19
*These sessions are open to
anyone showing any autistic
traits and do not require a
diagnosis of autism.

All sessions are FREE for those on means tested benefits.

**Find Out
More:**

#BLTChat1stYouth

Reception: Ask for the Chat 1st team

Online: www.brentwood-centre.co.uk/wellbeing

Email: youth@brentwoodleisure.co.uk

Tel: 01277 215151

Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN