

**Legacy**

An **OnSide** Youth Zone

**AUTUMN /**

**WINTER**

**TIMETABLE**

**2024-2025**

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>4pm-5pm</b> Basketball coaching	<b>5pm-6.30pm</b> Roller skating and scootering	<b>6.30pm-8pm</b> Football tournament		
<b>WED</b> SENIORS	<b>4pm-5pm</b> Roller Skating and Scooters	<b>5pm-7pm</b> Basketball open games	<b>7pm-9pm</b> Multi Sport		
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Multi-ball Sports	<b>5pm-6pm</b> Roller Skating and Scooters	<b>6pm-6.45pm</b> Try Something New	<b>6:45pm - 8pm</b> Football Tournament	
<b>FRI</b> SENIORS	<b>4pm-9pm</b> Roller Skating and Scooters	<b>4pm-5.30pm</b> Basketball Coaching	<b>5.30pm-9pm</b> Basketball open games		
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Multi-ball Sports	<b>12pm-1pm</b> Roller Skating and Scooters	<b>1pm-1.45pm</b> Try Something New	<b>1:45pm - 3pm</b> Football tournament	
<b>SAT</b> SENIORS	<b>4pm-5.30pm</b> Roller Skating	<b>4pm-5.30pm</b> Basketball Coaching	<b>5.30pm-9pm</b> Basketball Open Games		
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>TUE</b> JUNIORS	<b>4pm-6pm</b> Beginners and Inductions	<b>6pm-7pm</b> Boxersize	<b>7pm-7.45pm</b> Open Session		
<b>WED</b> SENIORS	<b>4pm-6pm</b> Beginners and Inductions	<b>6pm-7pm</b> Strength and conditioning	<b>7pm-9pm</b> Open Session		
<b>THU</b> JUNIORS	<b>4pm-6pm</b> Beginners and Inductions	<b>6pm-7pm</b> Personal training	<b>7pm-8pm</b> Open Session		
<b>FRI</b> SENIORS	<b>4pm-7pm</b> Beginners and Inductions	<b>7pm-8pm</b> Girls Only Session	<b>8pm-9pm</b> Open Session		
<b>SAT</b> JUNIORS	<b>11am-1pm</b> Open session	<b>1pm-2pm</b> Cardio and Boxing	<b>2pm-2.45pm</b> Girls Only Session		
<b>SAT</b> SENIORS	<b>4pm-6pm</b> Beginners and Inductions	<b>6pm-7pm</b> Girls Only	<b>7pm-8pm</b> Open Session		
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				



# BOXING GYM

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS					
<b>WED</b> SENIORS	<b>4pm-5pm</b> Open Gym and fundamentals - Beginner	<b>5pm-6pm</b> MMA fundamentals - Beginner	<b>6-6.30pm</b> Boxing mixed levels - Intermediate	<b>6.30-7pm</b> Grappling mixed levels - Intermediate	<b>7-8:30pm</b> MMA - Advanced
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Open Gym and fundamentals - Beginner	<b>5pm-6pm</b> MMA fundamentals - Beginner	<b>6-6.30pm</b> Boxing mixed levels - Intermediate	<b>6.30-7pm</b> Grappling mixed levels - Intermediate	<b>7-8:30pm</b> MMA - Advanced
<b>FRI</b> SENIORS					
<b>SAT</b> JUNIORS					
<b>SAT</b> SENIORS					
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers</b> <b>3.30pm-6.30pm</b>				

# MUGA PITCH

	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>TUE</b> JUNIORS	<b>4pm-5pm</b> Boys and girls football training	<b>5pm-6pm</b> Skills challenges & drills	<b>6pm-7pm</b> Open play boys and girls	<b>7pm-8pm</b> Beginners training	
<b>WED</b> SENIORS		<b>5pm-6pm</b> Boys and girls open play	<b>6pm-7pm</b> Skills challenges and drills	<b>7pm-8pm</b> Football tournament	<b>8pm-9pm</b> Football tournament
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Boys and girls football training	<b>5pm-6pm</b> Skills challenges & drills	<b>6pm-7pm</b> Open play boys and girls	<b>7pm-8pm</b> Beginners training	
<b>FRI</b> SENIORS	<b>5pm-6.30pm</b> Girls Only Football Training	<b>6.30pm-7.30pm</b> Intermediate training	<b>7.30pm-9pm</b> Football tournament	<b>8pm-9pm</b> Boys & girls open play	
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Intermediate training	<b>12pm-12.30 pm</b> Open play	<b>12.30pm-1.30pm</b> Football tournament	<b>1.30-2.30pm</b> Skills, challenges and drills	<b>2.30pm- 3pm</b> Boys & girls open play
<b>SAT</b> SENIORS		<b>5pm-6.30pm</b> One to one and small group training	<b>6.30pm-8pm</b> Football tournament	<b>8pm-9pm</b> Open play	
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers</b> <b>3.30pm-6.30pm</b>				

# CLIMBING WALL

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS			<b>6pm-7pm</b> Advanced Climbing	<b>7pm-8pm</b> Auto Belay	
<b>WED</b> SENIORS			<b>6pm-8.45pm</b> Drop in Climbing Session		
<b>THU</b> JUNIORS			<b>6pm-7pm</b> Advanced Climbing	<b>7pm-8pm</b> Auto Belay	
<b>FRI</b> SENIORS					
<b>SAT</b> JUNIORS					
<b>SAT</b> SENIORS					
<b>SUN</b> INCLUSION					



# MEDIA ROOM

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>4pm-5pm</b> Animations	<b>5pm-6pm</b> Mixed Media	<b>6pm-7pm</b> Poster Making	<b>7pm-8pm</b> Gaming	
<b>WED</b> SENIORS	<b>5pm-6pm</b> Universal Session	<b>6pm-7pm</b> Content Creation	<b>7pm-8pm</b> Session Content	<b>8pm-9pm</b> Gaming	
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Comic Creation & Editing	<b>5pm-6pm</b> Filming, Poster Making & Comic Creation	<b>6pm-7pm</b> Cap Cut Editing, Filming, Photoshop Editing & Animation	<b>7pm-8pm</b> Free Session	
<b>FRI</b> SENIORS	<b>5pm-6pm</b> Photography	<b>6pm-7pm</b> Canva/Photoshop Editing	<b>7pm-9pm</b> Free Time		
<b>SAT</b> JUNIORS	<b>12pm-1pm</b> Filming, Photoshop creations, Comic Creation	<b>1pm-2pm</b> Cap Cut editing, Photoshop Editing, Make your comic, Lego Animation, Filming	<b>2pm-3pm</b> Free Session		
<b>SAT</b> SENIORS	<b>4pm-5pm</b> Photoshop Editing, Comic Creation	<b>5pm-6pm</b> CapCut Editing	<b>6pm-8pm</b> Free Time		
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>4pm-6:30pm</b> Craft, Design & 3D Art	<b>6:30pm-8pm</b> Personal Projects			
<b>WED</b> SENIORS	<b>5pm-6:30pm</b> Decorative Crafts	<b>6:30pm-8pm</b> Self Expression			
<b>THU</b> JUNIORS	<b>Juniors - See you Saturday!</b>				
<b>FRI</b> SENIORS	<b>4pm-7pm</b> Self Expression	<b>7pm-9pm</b> Wind Down Art Games			
<b>SAT</b> JUNIORS	<b>12pm-1:30pm</b> Messy Arts & Crafts	<b>1:30pm-3pm</b> Focused Painting & Drawing			
<b>SAT</b> SENIORS	<b>4pm-6pm</b> Embroidery Skills	<b>6pm-7:30pm</b> Exploring Abstract Art	<b>7:30pm-9pm</b> Self Expression		
<b>SUN</b> INCLUSION	<b>3:30pm-5:30pm</b> Sensory Art/ 3D Printing	<b>5:30pm-6:30pm</b> Personal Projects			



# MUSIC ROOM

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>4pm-5pm</b> Songwriting	<b>5pm-6.30pm</b> Band	<b>6.30pm-7.45pm</b> Jam & Hang		
<b>WED</b> SENIORS	<b>4pm-5pm</b> Lessons	<b>5pm-6pm</b> Refine Your Skills	<b>6pm-8pm</b> Music Masterclass	<b>8pm-9pm</b> Jam & Hang	
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Instruments	<b>5pm-6pm</b> Rap Club	<b>6pm-7pm</b> Steel Pans	<b>7pm-8pm</b> Jam & Hang	
<b>FRI</b> SENIORS	<b>4pm-5pm</b> Jam & Hang	<b>5pm-6pm</b> Vocal Training	<b>6pm-7pm</b> Refine Your Skills	<b>7pm-9pm</b> Movie Soundtrack Analysis	
<b>SAT</b> JUNIORS	<b>12pm-1:30pm</b> Songwriting	<b>1:30pm-3pm</b> Instruments			
<b>SAT</b> SENIORS	<b>Seniors - See you Saturday!</b>				
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

# RADIO ROOM

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>6pm-7pm</b> Transition Program/Radio Hosting	<b>7pm-8pm</b> Radio games & Podcasting			
<b>WED</b> SENIORS	<b>6pm-7pm</b> Radio Hosting	<b>7pm-9pm</b> Podcasting			
<b>THU</b> JUNIORS	<b>Juniors - See you Saturday!</b>				
<b>FRI</b> SENIORS	<b>Seniors - See you Wednesday!</b>				
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Radio Hosting	<b>12pm-1pm</b> Podcasting	<b>1pm-2pm</b> Creating Stings & Jingles	<b>2pm-2:45pm</b> Radio games & Podcasting	
<b>SAT</b> SENIORS	<b>Seniors - See you Wednesday!</b>				
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers</b> <b>3.30pm-6.30pm</b>				

# RECORDING STUDIO

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS					
<b>WED</b> SENIORS	<b>4pm-5pm</b> Recording Session 1	<b>5pm-6pm</b> Recording Session 2	<b>6pm-7pm</b> Recording Session 3	<b>7pm-8pm</b> Recording Session 4	<b>8pm-9pm</b> Recording Session 5
<b>THU</b> JUNIORS					
<b>FRI</b> SENIORS	<b>5pm-7pm</b> Beat Making	<b>7pm-9pm</b> Improve Your Flows			
<b>SAT</b> JUNIORS					
<b>SAT</b> SENIORS			<b>6pm-7pm</b> Recording Session 1	<b>7pm-8pm</b> Recording Session 2	<b>8pm-9pm</b> Recording Session 3
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				



# PERFORMING ARTS STUDIO

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>5pm-6pm</b> Drama Games	<b>6pm-7pm</b> Improv	<b>7pm-8pm</b> Script Work		
<b>WED</b> SENIORS	<b>5pm-6pm</b> Drama Games	<b>6pm-7:30pm</b> Character Development	<b>7:30pm-9pm</b> Scene Building		
<b>THU</b> JUNIORS	<b>4pm-5pm</b> General Dance	<b>5pm-6pm</b> Contemporary Fusion	<b>6pm-8pm</b> Acrobatics & Dance		
<b>FRI</b> SENIORS	<b>6pm-7pm</b> Steppaz: Juniors	<b>7pm-8pm</b> Steppaz: Seniors			
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Hip Hop	<b>12pm-1pm</b> Contemporary	<b>1pm-2:30pm</b> Parkour		
<b>SAT</b> SENIORS	<b>4pm-5pm</b> Hip Hop	<b>5pm-6pm</b> Commercial	<b>6pm-7pm</b> Soca & Dancehall	<b>7pm-8pm</b> Freestyle Lab	<b>8pm-9pm</b> Conditioning & Relaxation
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

# TRAINING KITCHEN

	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>TUE</b> JUNIORS	<b>5pm-6pm</b> Treat Tuesdays	<b>6pm-7pm</b> Treat Tuesdays	<b>7pm-8pm</b> Treat Tuesdays		
<b>WED</b> SENIORS	<b>5pm-6pm</b> Sweet Treats with Dee	<b>6pm-7pm</b> Sweet Treats with Dee	<b>7pm-8pm</b> Sweet Treats with Dee	<b>8pm-9pm</b> Sweet Treats with Dee	
<b>THU</b> JUNIORS	<b>5pm-6pm</b> Young Persons Choice	<b>6pm-7pm</b> Young Persons Choice	<b>7pm-8pm</b> Young Persons Choice		
<b>FRI</b> SENIORS	<b>5pm-6pm</b> Flavourz Fridays (Savoury Meals & Home Cooking Skills)	<b>6pm-7pm</b> Flavourz Fridays (Savoury Meals & Home Cooking Skills)	<b>7pm-8pm</b> Flavourz Fridays (Savoury Meals & Home Cooking Skills)	<b>8pm-9pm</b> Flavourz Fridays (Savoury Meals & Home Cooking Skills)	
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Young Persons Choice	<b>12pm-1pm</b> Young Persons Choice	<b>1pm-2pm</b> Young Persons Choice	<b>2pm-3pm</b> Young Persons Choice	
<b>SAT</b> SENIORS	<b>5pm-6pm</b> Young Persons Choice	<b>6pm-7pm</b> Young Persons Choice	<b>7pm-8pm</b> Young Persons Choice	<b>8pm-9pm</b> Young Persons Choice	
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

# HEALTH & WELLBEING

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS		<b>6pm-7pm</b> Circle Time/Wellbeing Games	<b>6pm-7pm</b> Transition Program/Radio Hosting	<b>7pm-9pm</b> Chill Zone	
<b>WED</b> SENIORS	<b>4pm-5pm</b> Open Door	<b>6pm-8pm</b> Off The Record (twice a month) Legacy Chat	<b>8pm-9pm</b> Girls Only		
<b>THU</b> JUNIORS		<b>5pm-6pm</b> Salon Session	<b>6pm-7pm</b> Thursday Topic/Talks	<b>7pm-8pm</b> Games	
<b>FRI</b> SENIORS		<b>5:30pm- 6:30pm</b> Weekend Chill	<b>6:30pm- 7:30pm</b> Games	<b>7:30pm- 9pm</b> Boys Only	
<b>SAT</b> JUNIORS		<b>12pm- 1pm</b> Wellbeing Games	<b>1pm-2pm</b> Beauty Tips	<b>2pm-3pm</b> Chill Zone	
<b>SAT</b> SENIORS		<b>5pm-6pm</b> Reflections	<b>6pm-7pm</b> Games	<b>7pm-8pm</b> Chat n Laughter	<b>8pm-9pm</b> Chill Zone
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				



# SENSORY ROOM

**Session 1**

**Session 2**

**Session 3**

**Session 4**

**Session 5**

<b>TUE</b> JUNIORS			<b>6:30pm-8pm</b> Chilled Movie Time/Silent Games	
<b>WED</b> SENIORS				
<b>THU</b> JUNIORS				
<b>FRI</b> SENIORS				
<b>SAT</b> JUNIORS				
<b>SAT</b> SENIORS				
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers</b> <b>3.30pm-6.30pm</b>			

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS	<b>4pm-5pm</b> Two Touch Tuesday	<b>5pm-6pm</b> Talent Show Tuesday	<b>6pm-7pm</b> Deal or No Deal	<b>7pm-8pm</b> Your Time	
<b>WED</b> SENIORS	<b>4pm-5pm</b> Free Play	<b>5pm-6pm</b> Beat the staff	<b>6pm-7pm</b> Badminton	<b>7pm-8pm</b> Team Games	<b>8pm-9pm</b> Quiz Hour
<b>THU</b> JUNIORS	<b>4pm-5pm</b> Tournament Hour	<b>5pm-6pm</b> Minute to Win It	<b>6pm-7pm</b> Hide & Seek	<b>7pm-8pm</b> Movie Night	
<b>FRI</b> SENIORS	<b>4pm-5pm</b> Table Games	<b>5pm-6pm</b> Tournament Hour	<b>6pm-7pm</b> Rec Sports	<b>7pm-8pm</b> Party Games	<b>8pm-9pm</b> Karaoke
<b>SAT</b> JUNIORS	<b>11am-12pm</b> Free Play	<b>12pm-1pm</b> Rec Sports	<b>1pm-2pm</b> Party Games	<b>2pm-3pm</b> Quiz Hour	
<b>SAT</b> SENIORS	<b>4pm-5pm</b> Your Time	<b>5pm-6pm</b> Team Games	<b>6pm-7pm</b> Ball Games	<b>7pm-8pm</b> Minute to Win It	<b>8pm-9pm</b> Movie Night
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				

	Session 1	Session 2	Session 3	Session 4	Session 5
<b>TUE</b> JUNIORS			<b>6pm-7pm</b> Homework and Reading	<b>7pm-8pm</b> Homework and Reading	
<b>WED</b> SENIORS	<b>4pm-5pm</b> 1 to 1 Support	<b>5pm-6pm</b> 1 to 1 Support	<b>6pm-7pm</b> 1 to 1 Support		
<b>THU</b> JUNIORS			<b>6pm-7pm</b> Homework and Reading	<b>7pm-8pm</b> Homework and Reading	
<b>FRI</b> SENIORS					
<b>SAT</b> JUNIORS					
<b>SAT</b> SENIORS					
<b>SUN</b> INCLUSION	<b>Inclusion session with members and parents/carers 3.30pm-6.30pm</b>				



# Legacy

An **OnSide** Youth Zone

## CONTACT US

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