



FREE ACCESS

11 - 19 YEARS

Up to 25 with disability

You may be put in age groups

You may be asked for ID

GYM & Box Fit

Thursday's - 7pm-8pm

Come & use our brand new equipment - Weights aged 14+

Delivered by Memfitness



BASKETBALL COACHING & GAMES

Tuesday's 6pm-7pm

Delivered by Transition XL

FOOTBALL COACHING & SPORTS

Delivered by Brentford FC-Community Engagement

Thursday's - 6pm-8pm

Starting 18th September 2025

Plus, loads more activities, just drop in on Tuesday's & Thursday's ,
for Arts & Craft, Pool, Table Tennis & Cooking and more

WHERE -

YOUNG ADULT CENTRE

Park View Rd, Southall UB1 3HJ



Contact: - youngadultcentre@ealing.gov.uk

www.youngealing.co.uk

