

## Contact

### Lytham YMCA

Mythop Rd  
Lytham  
FY8 4HB  
01253 739166

### Ansdell YMCA

Lytham St Annes High School  
Albany Rd  
Lytham St Annes  
01253 796663

[Lytham@fyldecoastymca.org](mailto:Lytham@fyldecoastymca.org)

[ansdell@fyldecoastymca.org](mailto:ansdell@fyldecoastymca.org)

## Opening Times

Mon, Tues & Thurs 8:00am - 11:00pm Term Time:

Wed & Fri 7:00am - 11:00pm

Sat & Sun 9:00am - 8:00pm

Mon - Fri 5:30pm - 9:30pm

Sat & Sun 9:00am - 6:00pm

School Holidays:

Mon - Sun 9:00am - 9:30pm

## Facilities at Lytham YMCA include:

- Large Fitness Suite
- 2 Dance and Fitness Studios
- Lawrence House Sports Hall
- Astroturf
- Outdoor Grass Pitches
- Bar and Function Room
- Childcare facilities
- Free car parking

## Facilities at Ansdell YMCA include:

- Sports Hall with variety of courts & 5-a-side
- Gym
- Dance Studio

Classification of Classes	
Complexity	Description
Level A	An easy to follow low complexity class, ideal for beginners.
Level B	A class offering moderate levels of complexity to challenge the mind as well as the body.
Level C	A class requiring higher levels of co-ordination.
Intensity	
Level 1	A low impact class suitable for beginners and returning to exercise.
Level 2	A moderate impact class aimed at an Intermediate level.
Level 3	Challenging high intensity workout, combining high and low impact exercise.

*Part of the Fylde Coast YMCA*

# Lytham YMCA and Ansdell YMCA



## Lytham YMCA Adult Classes and Activities

Day	Time	Session	Classification	
Mon	9:30am-11:00am	Body Conditioning with Jackie	B1	
	10:00am – 12 noon	Yoga with Katie	B1	
	12:30pm - 1:30pm	Circuit Training with Arran	A1	
	12:30pm – 1:30pm	Yoga with Katie	B1	
	5:30pm – 6:30pm	Core Blast with Gayle	A3	
Tues	5:30pm – 6:15pm	Spinning with Izzy	C1	
	6:30pm – 7:30pm	Power Yoga with Gayle	B1	
	7:30pm – 8:30pm	Shotokan Karate with Lucie	B3	
	5:45pm – 6:30pm	Circuit/Bodypump't with Hannah	B2	
	6:30pm - 7:30pm	Legs, bums & tums with Hannah	A3	
	Wed	10:00am – 12 noon	Yoga with Katie	B1
		11:00am – 12 noon	Music and Movement with Barbara	A1
		12:30pm - 1:30pm	Bodypump't with Arran	B2
		6:00pm – 7:00pm	Bikini body with Gayle	A3
		6:15pm – 7:15pm	Step N Tone with Hannah	B2
7:00pm – 8:00pm		Aerotone with Izzy	A3	
8:00pm – 9:00pm		Music and Movement with Barbara	A1	
Thurs	11:00am – 12 noon	Music and Movement with Barbara	A1	
	5.30Ppm-6.30pm	Circuit Training with Peter	A1	
	6:15pm – 7:15pm	Step N Tone with Hannah	B2	
	6:45pm – 7:30pm	Spinning with Izzy	C1	
Fri	10:30am – 11:30am	Tai Chi	A1	
	12:30pm – 1:15pm	Spinning with Sue Mann	B3	
	5:30pm – 6:15pm	Spinning with Sue Mann	C1	
	Sat	10:00am – 11:30am	Bodyfit Challenge with Izzy	A3
12 noon – 2:00pm		Fylde Coast YMCA Sports Academy: Funpod (Disability Group Session)	All Ages	
6:45pm – 7:45pm		Archery with Darryl, Age 12+	A1	
Sun	10:00am – 11:00am	Legs, bums & tums with Hannah	B2	

**NEW! Pole and Tone Level 1 & 2 (4 and 8 week courses throughout the year). Ask reception for details.**

### Ansdel YMCA Adult Classes and Activities

Day	Time	Session	Classification
<b>Mon</b>	7:00pm – 8:00pm	Latin & Ballroom Beginners with Dennis	A1
	8:00pm – 9:00pm	Circuits with Ian	C3
<b>Thurs</b>	8:00pm – 9:00pm	Circuits with Ian	C3

### Lytham YMCA Tots and Juniors: Y Kids School Holiday Childcare and Children's Parties

Day	Time	Session
<b>Mon - Fri</b>	3:15pm – 5:45pm	Afterschool Club with YMCA Staff
	8:30am – 5:30pm	(half days also available) School Holiday Play-scheme (4 – 12 yrs)
<b>Sat</b>	2:15pm – 3:45pm	Children's Parties*
	3:15pm – 4:45pm	Children's Parties*
	4:15pm – 5:45pm	Children's Parties*
<b>Sun</b>	4:30pm – 6:00pm	Children's Parties*

\* Food options available, bookings taken. Contact us on 01253 739166 for more details.

### Lytham YMCA Y Tots Activities

Day	Time	Session
<b>Tues</b>	9.30am – 11.00am	Little Monsters Parent & Toddler Group with YMCA Childcare Team
<b>Thurs</b>	9.30am – 11.00am	Little Monsters Parent & Toddler Group with YMCA Childcare Team

### Lytham YMCA Junior Classes and Activities

Day	Time	Session
<b>Tue</b>	4:30pm – 5:30pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 6 - 11
<b>Fri</b>	5:15pm – 6:15pm	Fylde Coast YMCA Sports Academy: Football Coaching Age 6 - 11
<b>Sat</b>	9:00am – 10:00am	Fylde Coast YMCA Sports Academy Football Coaching Age 3 - 4
	10:00am – 11:00am	Fylde Coast YMCA Sports Academy Football Coaching Age 5 - 6
	11:00am – 12 noon	Fylde Coast YMCA Sports Academy Football Coaching Age 7 - 10
	12 noon – 2:00pm	Fylde Coast YMCA Sports Academy: Funpod (Disability Group Session) All Ages
	6:45pm – 7:45pm	Archery with Darryl Age 12+
<b>Sun</b>	11:00am – 12 noon	Sports Acro with Stephanie - Beginners
	12 noon – 3:00pm	Sports Acro with Stephanie - Improvers

### YMCA Performing Arts Academy @ Lytham YMCA

Day	Time	Session
<b>Mon</b>	4:45pm – 5:30pm	Street Dance with Sophie (Age 7+)
	6:30pm – 7:30pm	Adult Tap (Intermediate)
	7:30pm – 8:30pm	Adult Freestyle (All Levels)
<b>Tues</b>	11:00am – 11:45am	Pre-school freestyle with Zoë (Age 2 – 4)
	4:00pm – 4:45pm	Grade Three Ballet with Zoë (not beginners)
	4:45pm – 5:30pm	Musical Theatre with Zoë (Age 9+)
	5:30pm – 6:15pm	Freestyle with Zoë (Age 11 – 16)
	6:30pm – 7:30pm	Adult Beginners Tap with Sophie
	7:30pm – 8:30pm	Adult Street Dance with Sophie
<b>Wed</b>	4:00pm – 4:45pm	Preparatory Ballet with Zoë (Age 4 - 5)
	4:00pm – 4:45pm	Gymnastic Dance with Cristina (age 4 - 6)
	4:45pm – 5:30pm	Primary Ballet with Zoë (Age 5 – 7)
	4:45pm – 5:30pm	Gymnastic Dance with Cristina (age 7 - 9)
<b>Thurs</b>	4:30pm – 5:15pm	Cheerleading with Zoë (Age 7 – 11)
	5:15pm – 6:15pm	Adult Ballet with Zoë (All Levels)
<b>Fri</b>	4:00pm – 4:45pm	Freestyle Modern with Zoë (Age 4 – 8)
	4:45pm – 5:30pm	Musical Theatre with Zoë (Age 9+)
	4:45pm – 5:30pm	Musical Theatre with Hannah (Age 4 - 8)
	5:45pm – 6:30pm	Freestyle Modern with Zoë (Age 9+)
<b>Sat</b>	9:30am – 10:15am	Grade Two Ballet with Zoë (not beginners)
	10:15am – 11:00am	Pop Dance with Zoë (Age 8+)
	11:00am – 11:45am	Grade One Ballet with Zoë (not beginners)
	11:45am – 12:30pm	Pop Dance with Cristina (Age 4 – 8)

- **NEW! Children's Dance Parties available Saturdays at 12:15pm – 1:45pm and 1:15pm – 2:45pm with food options available.**
- **Private dance lessons also available. Ask reception for details.**