



# YMCA OnSide

**Stronger together through sport**

A programme where disabled young people aged 11-17 can have fun, belong, and thrive.

Feel free to speak to a member for the team about the sessions or visit online:

 [ymcanewarksherwood.org](http://ymcanewarksherwood.org)

 [bookings@ymca-nscav.org](mailto:bookings@ymca-nscav.org)



Here for young people  
Here for communities  
Here for you

# At Onside, we harness the power of sports and competitions to include, equip, and excite the young people we support.

We warmly welcome children of all backgrounds and abilities who want to come along and join in with the fun, so they can build the confidence to express themselves fully and discover all they can be. Our mission is to create a safe space for young, disabled people, coming together to develop and learn new skills as equals and build a better community.

- ▼ **Disability sports, Saturdays 10-11.30am (term time only)**
- ▼ **For young people with additional needs (ages 11 – 17)**
- ▼ **Sessions cover a range of sports, skills, and techniques**
- ▼ **We try to cater for all needs and be as fully inclusive as possible**

The first session will be Saturday 7th January, 2023. Sessions will run weekly (term time only) and will be bookable via the website.

**£3 per person**

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**YMCA Newark and Sherwood Community and Activity Village, Lord Hawke Way, Newark NG24 4FH**

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