



Yorebridge Sport & Fitness

After School Sports Activities Dates and Times



All of the 'YSF' After School Sporting Activities take place at the Multi Use Games Area, Yorebridge, Askrigg. There is something on offer for all children aged between 5-16 years. The following information highlights what is available for your children and when:

'YSF Multi-Sports Sessions' – Primary Children

This session is for children aged 5-8 years (Year Group 1-3) and is designed to give them the basic skills that are needed for a variety of sports. Skills can be applied to most sports; however, Football, Cricket and Basketball are a key focus within this session.

The sessions will run on Tuesdays from 3.55-4.55pm and are priced at £2.00 per session. The dates of each session are as follows:

- October 3rd, 10th, 17th, 31st
- November 7th, 14th, 21st, 28th

'YSF Football and Cricket Academy' – Primary Children

This session is for 8-11 year old children (Year Group 4-6) who are either new to Football and/or Cricket or for those who want to develop their skills further. It is a totally inclusive session run by qualified coaches and experienced volunteers.

These sessions will run on Wednesdays from 4.00-5.00pm and are again £2.00 per session. The dates are as follows:

- October 4th, 11th, 18th
- November 7th, 14th, 21st, 28th

'YSF Football and Cricket Academy' – Secondary Children

There is also a session for the Secondary Children aged 11-16 (Year Groups 7-11) and is again designed to engage the children in two very popular sports. Not only do the children have great fun, but they are keeping fit and learning new skills all the time. Some of Richmondshire's finest young players attend this session.

This session takes place on a Tuesday evening from 5.00-6.30pm and costs £3.00 for the full session. The dates for this session are:

- September 12th and 19th
- October 3rd, 10th, 17th and 31st
- November 7th, 14th, 21st and 28th

All sessions are very popular, however, the 'YSF' have a policy of never turning away an enthusiastic child and therefore if any of the above sound appealing please contact us for more information.

Please note that the sessions are open to all children in the community regardless of age, gender, ethnicity, disability, religion and ability.