

# nottinghamshire YMCA

Nottinghamshire YMCA is offering young people aged between  
10–18 years old  
**FREE Volleyball Sessions.**

**Running on Monday's 4.15pm – 5.00pm:**

**14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> June – 1<sup>st</sup> Block**

**5<sup>th</sup>, 12<sup>th</sup> July – 2<sup>nd</sup> Block**

**Running on Monday's 5.15pm – 6.00pm:**

**14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> June – 3<sup>rd</sup> Block**

**5<sup>th</sup>, 12<sup>th</sup> July – 4<sup>th</sup> Block**

**Plus a Group Competition on Monday 19<sup>th</sup> July 2010**  
(Details to follow during each session)

There are 12 places available per block; Young people will have to  
book on by calling the number and request their preferred block of  
sessions:

**0115 8553315**

(Blocks are allocated on a first come, first served basis)

Sessions are held locally at:

**Nottinghamshire YMCA All Saints Wellbeing Centre,  
75 Raleigh Street, Nottingham,  
NG7 4DL**



sport unlimited