

## YMCA Fitness Centre

Join now for **only £12.99** a month  
Limited numbers!

- No joining fee and 'Price for Life' - no unexpected price rises
- Free induction - Free Personal Training  
Free tailor-made fitness programme
- Fit Club - The friendly alternative to 'Weight Watcher style classes'
  - Gift vouchers - Give your loved ones the 'Gift of Fitness' this Christmas. A selection of vouchers available, including 10x Zumba or Spinning classes for £20.00

Fitness classes launching January 2012 (free taster sessions currently running in December), including: Aerobics, Boxercise, Circuits, Spinning, Zumba, Running, Cycling clubs - Including early morning and lunch times - pay as part of your membership for an extra £10 a month or £3.50 per class.



For more info call Chris Regis



## Conferencing & room hire



- Refurbished Grade II listed theatre 300 seat capacity: From £15 per hour.
- Dance studios A & B: From £10 per hour
- Holistic Suite: From £10 per hour

Contact Cath Batchelor

## YMCA music services

- Sessions from £5 - First one free!!
- Private tuition in guitar, bass and drums
- DJ lessons using Traktor S4 and time coded vinyl
- Electronic music production workshops.



We also run music workshops for local organisations to engage young people through the arts.

### New Year - YMCA Recording Studio

We are proud to open our new studio to bands, artists and producers looking for high quality equipment and results for reasonable prices.

Services include - Live recordings, demos, albums, voice overs, adverts, backing tracks, electronic production, mixing and mastering.

For more info call Jamie Davis

**“People walking past the building don’t realise the incredible space we have here. We’ve got a fully equipped gym, a beautiful theatre, dance and fitness studios, a café, a recording studio and the potential for so much more. We really are offering something fantastic for local people, whether it’s for health and wellbeing or for help in building a brighter future we’ve got so much to offer.”**

latest equipment and we’re excited about the possibilities this could bring.”

Adds Anne-Marie: “It’s also important to remember that although we do a lot of work with young people, everyone is welcome. The YMCA remains diverse and works with all ages.” Also in the plans is the YMCA Youth Centre, due to launch in January in Oxford St which will be a safe environment for young people’s activities. The YMCA is working with the Communities First Youth Service Team on this particular project. Conferencing facilities and a new lift have also added to the YMCA’s list of improvements. Even the office hub at the YMCA focuses on community work. From the Big Issue, Rathbone, Job Force Wales, the All Wales Ethnic Minority Association (AWEMA) and support services these external businesses help to reinforce the locally driven attitude that the YMCA continually strives to provide.

Furthermore, the values of the charity extend to recruitment. Creating local jobs, the YMCA had just 5 employees in 2007 but that has grown to 24. This doesn’t include the 6 jobs created by the café, or 20 jobs at the childcare centre, or the 60 plus positions created by other businesses working in the building – or even the 50 plus volunteers. It’s a hub of activity which buzzes with its vibrant atmosphere and staff who simply love their jobs. Anne-Marie adds: “I think what really draws people here is that the money they spend is put straight back in to the community. As a Community Business every penny spent is put towards helping others and developing much needed community services.

“Throughout the refurbishment it’s been important for us to stay open as we continually support some of the most vulnerable people in Swansea. As a business, staying open



has allowed people to see the development and that we’re actively moving forward – it’s created a lot of interest in the changes that are happening here.

“We worked with the excellent Huw Griffiths Architects who managed the project seamlessly, and the team here at the YMCA have worked above and beyond. We’ve achieved a great new community hub, which has all come about as a direct result of listening to what the people of Swansea want.

“It’s time to share with Swansea and celebrate the YMCA. We want to still be helping the community in another 100 years’ time and the only way we’ll do that is to continually reflect what local people need.”

The new YMCA is truly a surprise. This community driven attitude is a breath of fresh air, and the quality and affordable environment within provides a lively place which challenges people’s expectations from the old Grade II listed building. This established local charity has been serving the community since 1886, and the future now looks bright for Swansea’s favourite socially minded charity.



The refurbishment is very nearly finished. “Phase one is complete and people are already using our new facilities,” says Annemarie. “The second phase includes the theatre and brand new recording studios, with the official launch and completion of the project taking place in February 2012.”

Swansea YMCA has long had an aim to help young people towards a brighter future, and the arts have always been particularly important to them. “Art and music is an amazing way for people to express themselves and we want to support that. We have professional musicians here to offer advice and training, along with graffiti artists and dance teachers to provide a push towards a future career or it can just be something to express creativity in your spare time. The new recording studios will have all the



To find out more about the YMCA visit [www.swanseaymca.org.uk](http://www.swanseaymca.org.uk)

If you have any enquiries regarding any services, or if you’re looking for more information, just get in touch: Tel: (01792) 652032 • Fax: (01792) 652032  
E-mail: [info@swanseaymca.org.uk](mailto:info@swanseaymca.org.uk)

Or come down to the YMCA at: **1, The Kingsway, Swansea, SA1 5JQ**

