

FREE SEND
Activities @ YMCA!

starting from 1st July 2025

SEN IN THE DEN!
Friday 3.30pm-5pm | 0-7 years old
Monitored soft play sessions for SEND children to explore and have fun in our Ocean City soft play area.

SENERGY
Thursday 4pm-4.45pm | 11-16 years old
Supervised gym sessions for young people with SEND, helping them to grow in confidence and improve their physical fitness.

SEN-SPIN
Sunday 11.45am-12.30pm | 12+ years old
A fun, low-intensity instructor-led indoor cycle class for young people with SEND, focusing on building confidence and technique.

SEN-STEP
Thursday 5pm-6pm | 5-16 years old
Sensory walk experience within Ham woods and led by a walk-leader for SEND children and their guardians (Parent/Guardian participation is mandatory).

BORN TO MOVE
Wednesday 4pm-4.45pm | 5-12 years old
Helping SEND children discover the joy and energy of moving to music with fun instructor-led exercises.

SENSATIONAL SPORTS!
Wednesday 4pm-4.45pm | 8-14 years old
Fun and inclusive multi-sport sessions for SEND children to enjoy the benefits of participating in sports.

SEN-BOUNCE
Saturday 4.30pm-5.30pm | 5-16 years old
Supervised bouncy castle sessions for SEND children to play across 3 inflatables.

YMCA
Here for young people
Here for communities
Here for you

Please find below information about free SEND activities being held at the YMCA Plymouth.

FREE *SEND* activities at our centre! 🧘👤

📅 Starting 1st July 2025, we're launching a range of free, inclusive sessions for children and young people aged 0–16 with SEND. Led by our friendly, trained staff in a safe, supportive environment, these sessions are designed to be fun, sensory, and creative, with something for every ability!

Here's what's on:

- 🧘 SEN IN THE DEN | Friday 3.30pm-5pm, aged 0-7
- 👤 SENERGY | Thursday 4pm-4.45pm, aged 11-16
- 🧘 SEN STEP | Thursday 5pm-6pm. aged 5-16
(Parent/Guardian participation is mandatory)
- 🧘 SEN SPIN | Sunday 11.45am-12.30pm, aged 11-16
- 🧘 BORN TO MOVE | Wednesday 4pm-4.45pm, aged 5-12
- 🧘 SENSATIONAL SPORTS | Wednesday 4pm-4.45pm, aged 8-14
(Coming soon in September)
- 🧘 SEN-BOUNCE | Saturday 4.30pm-5.30pm, aged 5-16

📌 Please book in advance for each session

Find full details and secure your spot here: 📌

<https://www.ymcaplymouth.org.uk/activities/send/>



Summer Events

OFFICIAL

Play and Beyond Events

FREE FAMILY FUN EVENTS,
ALL AGES WELCOME
Lots of fun activities including bouncy castles, face painting, and so much more!

PLYMOUTH FAMILY HUBS PLAY AND BEYOND EVENTS
 FREE FAMILY FUN EVENTS, 10am-2pm, ALL AGES WELCOME
 Lots of fun activities including bouncy castles, face painting, and so much more!

- Date - 6th August
Venue - Devonport Park, Devonport, Plymouth PL1 4BT
- Date - 13th August
Venue - Hill Crest Park, Plympton, PL3 4RW
- Date - 20th August
Venue - Freedom Fields, Lipson Road, PL4 8RJ
- Date - 20th August
Venue - Bond Field, Southway, PL6 6NF
- Date - 27th August
Venue - Dean Cross Playing Fields, Plymstock, PL9 7AZ



Plymouth Family Hubs working in partnership with...



OFFICIAL

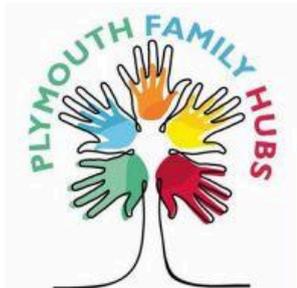
Summer SEN Sessions, 0-7yrs



The Barn Family Hub
 Quiet and Messy Sessions
 4th and 18th August
 10-11.30am

Highview
 Messy Session
 11th August, 10-11.30am

Whitleigh Family Hub
 Messy Session
 19th August
 10-11.30am



Plymouth Family Hubs working in partnership with...



OFFICIAL

Summer SEN Sessions, 5+ yrs



PLYMOUTH
FAMILY HUBS

SEN Youth Sessions

31st July: 11-15yrs, Bowling £5.99 per child, 12.30-1.30pm

7th August: 5-11yrs, Clip and Climb £15.50 per child, 10am

14th August: 9-15yrs (Siblings welcome) Picnic in the park (with football/rounders). Central park football field (opposite the park café). Bring your own picnic, **FREE** to Attend

21st August: Adrenalin Trampoline Park, (5-11yrs, 11-12pm) (11-15yrs, 1-2pm) £10.95 per child

28th August: 9-15 years (siblings welcome) Summer Celebration. Mount Batten Beach Trip, bring your own picnic. Paddling, rock pooling, games. 12-2pm **FREE** to attend!

Please consider your child's needs to ensure they are able to participate in the activities safely. For example; able to follow instructions at clip and climb. Children do not need a diagnosis to come along. If you have any questions or to book, please call a family hub



Plymouth Family Hubs working in partnership with...



£1 FAMILY FILMS

JUL 25 - AUG 28

BE MORE CHILDISH
ALL SUMMER LONG

feel more at
cineworld
C I N E M A S

£1 ticket for selected 2D films. Excluded cinemas: Dublin and Leicester Square. Films subject to change.

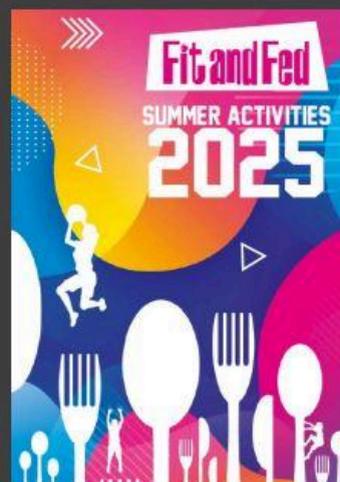
Summer Programme



Running across the city from 21 July to 29 August

- 84 holiday clubs offering 16,542 spaces
- 8 SEND specific holiday clubs offering 832 spaces
- 4 community park events providing 3,000 healthy packed lunches
- 330 Teen Taster experiences for 12 to 16 year olds
- 346 Family Activity sessions
- 968 Get Active with PAL sessions

www.plymouth.gov.uk/fitandfed



Teen Taster Experiences



www.plymouth.gov.uk/fitandfed-Teens



Activity	Dates	Time	Venue
Trampolining & Indoor Assault Course	Voucher valid until 31 August	Any time subject to availability	Adrenalin Leisure The Ship, Brest Road, PL6 5XN
Paradise Island Adventure Golf	Voucher valid until 31 August	Any time subject to availability	The Barcode 11 Bretonside, Drake Circus, PL4 0FE
Go Karting & Laser Tag	Wednesdays 6, 13, 20, 27 August	11 to 1pm (arrive at 10.30am)	Plymouth Karting Emesettle Industrial Estate, Emesettle Lane, PL5 2SA
Retro Gaming	Entry codes valid until 31 August	Children can attend any day until 7pm	Continue Arcade, 4/6 Royal Parade, PL1 1DS
Inflatable Bounce Park	Online codes valid from 19 June to 5 August	Any time subject to availability	Overplay Central Park, Mayflower Drive, PL2 3DQ

Plymouth Active Leisure's Get Active Sessions

www.plymouth.gov.uk/fitandfed-PAL



Activity	Age	Date	Time
Inflatable Swim Plympton Pool and Gym	8 to 12 years (U8s must be supervised by an adult)	Wednesdays 30 July 6, 13, 20 August	9.30 to 10.30am
Swim Safe Tinside Lido	8 to 16 years (Must be able to swim 25m)	Wednesday 23 July	10.30 to 11.30am 12 to 1pm
Family Swim Tinside Lido	2 adults/ 2 children max	Everyday until 14 September	Anytime during normal opening hours

Activity	Age	Date	Time
Family Bouldering	1 adult/ 2 children maximum	Mondays 28 July 4, 11, 18 August	10.45 to 12pm
Supervised Junior Gym	11 to 15 years	Thursdays 31 July 7, 14, 21 August	12 to 12.45pm 1 to 1.45pm
SEND Bowls	Any	Thursdays 24 July 7, 28 August	4 to 4.45pm 5 to 5.45pm
Family Badminton	Any	Sunday 10 August Saturday 23 August	10 to 11am 11 to 12pm 12 to 1pm 1 to 2pm 2 to 3pm 3 to 4pm 4 to 5pm
Family Pickle Ball	Any	Saturday 9 August Sunday 24 August	10 to 11am 11 to 12pm 12 to 1pm 1 to 2pm 2 to 3pm 3 to 4pm 4 to 5pm
Safari Jungle Inflatable and Soft Play	4 to 11 years	Sundays 17, 31 August	10.30 to 11.30am 12 to 1pm 1.30 to 2.30pm 3 to 4pm

How to book

- All information is available at www.plymouth.gov.uk
- Primary School FSM Children have received invite letters with their codes
- Holiday Clubs need to be booked direct with the holiday club provider
- Tean Taster Experiences, Family Activities and PAL activities can be requested via the relevant form on the website
- Other eligible children will already have the unique codes
- New requests can be made to the Fit and Fed Team, who can also re-issue codes if lost or forgotten

www.plymouth.gov.uk/fitandfed

 PLYMOUTH ACTIVE





PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July - 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July - 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

SUMMER HOLIDAY ROADSHOWS

JULY & AUGUST 2025 | 9.30AM-3.30PM
BOYS & GIRLS ALL ABILITIES AGED 5-15



ARGYLE
COMMUNITY
TRUST

01752 522202
argylecommunitytrust.co.uk

LEARN. PLAY. SUCCEED

FOOTBALL

Love football? Our football roadshows are facilitated by trained Argyle staff with an emphasis on fun, enjoyment, and development. Sessions are age and football specific and include skills, techniques, competitions and small sided games – all in a safe and inclusive environment.

STREET GAMES

A flexible and fun format for the beautiful game, with pick-up games, open participation, and fewer rules compared to formal association football. Street football is similar to beach football and futsal, emphasizing speed, skill, and improvisation.

GYMNASTICS

Love to Flip, Roll, and Balance? Our Gymnastics Roadshows are all about fun, movement, and learning new skills. Sessions cover everything from basic rolls and balances to more advanced routines and techniques. Whether your child is a beginner or has previous experience, they'll build confidence, strength, flexibility, and coordination – all while making new friends and having a great time!

GIRLS ONLY

Who will be the next Giota Papaloannou or Charlotte Whitmore? Argyle Community Trust have a long and proud history of supporting female footballers. Girls of all abilities have the chance to learn new skills, and make new friends. These sessions are in place to remove barriers and boost participation in girls' football – learning skills and techniques and playing small sided games.

STRIKERS & GOALKEEPERS

Who will be the next Ryan Hardie or Conor Hazard? This specific day will cover a variety of shooting activities and goalkeeper training. With opportunities for defenders and attackers to showcase their skills.

MULTI-SPORTS

A chance for participants to undertake a wide range of sports throughout the day. Sports will vary from football, handball, tag rugby, plus many more. Each venue and area will offer different sports.

DISABILITY

Monday, 28 July

Manadon Sports Hub - Short Breaks

Friday, 1 August

Manadon Sports Hub - Disability Roadshow

Manadon Sports Hub - Para Hub Roadshow

Monday, 4 August

Manadon Sports Hub - Short Breaks

Friday, 8 August

Manadon Sports Hub - Disability Roadshow

Manadon Sports Hub - Para Hub Roadshow

Monday, 11 August

Manadon Sports Hub - Short Breaks

Friday, 15 August

Manadon Sports Hub - Disability Roadshow

Manadon Sports Hub - Para Hub Roadshow

Monday, 18 August

Manadon Sports Hub - Short Breaks

Friday, 22 August

Manadon Sports Hub - Disability Roadshow

Manadon Sports Hub - Para Hub Roadshow

Monday, 25 August

Manadon Sports Hub - Short Breaks

Friday, 29 August

Manadon Sports Hub - Disability Roadshow

Manadon Sports Hub - Para Hub Roadshow

DISABILITY

SEND 10AM-3PM

Our Special Education Needs and Disability (SEND) Roadshows are inclusive sessions for children with a disability. This can be physical disabilities such as visual and hearing impairments and cerebral palsy, or children with learning needs such as autism and ADHD.

SHORT BREAKS 10AM-1PM

Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and educational health and care plan (EHCP).