

# Youth and Community

## Session Timetable 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Upgrade Yourself</b> <b>4pm–6pm</b> Term time only Coin Street neighbourhood centre 10–18 years (Y6+) Free	<b>Dancercise</b> <b>10am–11am</b> Colombo Centre 50 years+ £3	<b>Upgrade Yourself</b> <b>5pm–6pm</b> Term time only Online 10–18 years (Y6+) Free	<b>Coffee Morning</b> <b>11am–1pm</b> Colombo Centre 50 years+ Free	<b>Over 50s Art Group</b> <b>11am–1pm</b> Fortnightly Coin Street neighbourhood centre 50 years+ £3 optional	<b>Feel Good Saturday</b> <b>11am–2pm</b> Colombo Centre 50 years+ Free	<b>Youth Football</b> <b>2pm–5pm</b> Colombo Centre 13–18 years Free
<b>Young Leaders</b> <b>6pm–7pm</b> Term time only Coin Street neighbourhood centre 12–18 years (Y6+) Free	<b>Shake Your Groove! Dance with Jreena Green</b> <b>11.30am–12.30pm</b> Colombo Centre Free	<b>Gentle Gardening</b> <b>11.30am–2pm</b> Bernie Spain Gardens 18 years+ Free		<b>Gym 'n' Juice</b> <b>1.30pm–2.30pm</b> Colombo Centre Women of all ages Free	<b>Youth Gym</b> <b>5pm–7pm</b> Colombo Centre 14–18 years Free	<b>Over 50s Dance with Rambert</b> <b>2.30pm–3.30pm</b> Term time only Colombo Centre 50 years+ £3
	<b>Want to make a difference in your community?</b> Get involved by volunteering at one of our regular activities or one-off events. Email us at <a href="mailto:volunteering@coinstreet.org">volunteering@coinstreet.org</a> to learn more or scan the barcode below.		<b>Community Singing</b> <b>6.15pm–7.30pm</b> Coin Street neighbourhood centre 18+ years Free		<b>Youth Football</b> <b>2pm–5pm</b> Colombo Centre 14–18 years Free	

Please email:  
[community@coinstreet.org](mailto:community@coinstreet.org)  
 to register for sessions

Participants must contact us before attending a session in order to register and book their place. Priority is given to local residents.

**Find out more:**  
[community@coinstreet.org](mailto:community@coinstreet.org)  
 020 7021 1600  
[coinstreet.org/whats-on](http://coinstreet.org/whats-on)

Instagram: [@coinstreet\\_se1](https://www.instagram.com/coinstreet_se1)  
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Coin Street neighbourhood centre, SE1 9NH  
 Colombo Centre, SE1 8DP  
 Bernie Spain Gardens, SE1 9PH  
 Archbishop's Park, SE1 7LE