Cupar YMCA-YWCA Programme & Information Spring - Summer 2019

Our 16+ Activity Agreement Team Finalists at the National Youth Work Awards 2019

Marathon House, 93 Bonnygate, Cupar, Fife KY15 4LG
Tel: (01334) 659387

Follow us on Facebook: Cupar YMCA YWCA

Registered Charity No: SC001072

For more info contact Gemma and the team on 01334 650298 or email: cuparyouthcafe@hotmail.co.uk

Facebook: cupar.youthcafe Twitter: cuparyouthcafe
Nursery and After School Club Facilities based at Marathon House

Triangle Under 5s Playgroup
Term time Mon - Fri 8.50am - 2.30pm
Contact: 07704 378143

Cupar After School Club
Term time Mon - Fri 3.00pm - 6.00pm
Contact: 07510 650961
Email: cuparafterschoolclub@yahoo.co.uk

Activities at the YMCA-YWCA

**MONDAY**
Tai Chi *(beginners class 10.45-11.45am)* 9.45am - 11.45am
(Contact: Eric Bell - 01592 720330)
FitSteps (Contact: Lesley - 07841 261390) 12 noon - 1.00pm
ESOL (English for Speakers of Other Languages) 1.00pm - 3.00pm
(Contact: 01334 659363)
U3A French *(fortnightly)* 12.30pm - 2.00pm
(Info & Contact https://u3asites.org.uk/cupar/groups)
Shotokan 2000 Karate 6.30pm - 7.30pm
(Contact: Chris Hollands - 07989 658621)
Moathill Reading Group *(every 4th Monday)* 7.00pm - 8.30pm
(Contact: Brian Owens - 01334 656122)
Lifestyle Boxing 8.00pm - 9.00pm
(Contact: David Johnson - 07951 560450)

**TUESDAY**
Chatterbox *(1st Tuesday in the month)* 10.00am - 11.00am
Ceilidh Class (Contact Pia - 07715115489) 12 noon - 1.30pm
U3A Craft *(2nd & 4th of month)* 2.00pm - 4.00pm
(Ginfo & Contact https://u3asites.org.uk/cupar/groups)
Girls’ Project for girls P5+ *(term time)* 6.30pm - 8.00pm
Yoga Class (Contact: Hilda - 01738 813886) 7.30pm - 9.00pm

**WEDNESDAY**
Zumba Gold with Lesley 10.00am - 11.00am
(Contact: Lesley - 07841 261390)
Oasis *(Women’s Group)* *(fortnightly)* 1.00pm - 3.00pm
Y Singing (Contact: Meri Goad - 01334 659611) 7.00pm - 8.30pm
Cupar Young Gardeners Team for 8+ year olds 6.30pm - 8.00pm

**THURSDAY**
Yoga Class (Contact: Gill - 07968 721423) 10.00am - 11.15am
Castlehill Reading Group *(every 1st Thursday)* 3.00pm - 4.00pm
(Contact: Brian Owens - 01334 656122)
Brightside Bunch for 7-12 year olds *(term time)* 6.30pm - 8.00pm
Fife Buddhism & Meditation Group 6.45pm - 9.15pm

**FRIDAY**
Cupalele Group 11.00am - 1.00pm
(Info & Contact https://u3asites.org.uk/cupar/groups)
Cupar Express Group (Contact: 01592 645331) 12 noon - 3.00pm
Shotokan 2000 Karate 6.30pm - 7.30pm
(Contact: Chris Hollands - 07989 658621)

**SATURDAY**
African Drumming *(fortnightly)* 10.00am - 12 noon
(Contact: Colin Orr - 07950 480701)