

## Portland Y.M.C.A Activities

Portland YMCA offers a range of activities and classes for children, young people and adults, held in our modern well equipped facilities. We have a fully equipped cardio suite and weights room. We offer adult and kid's inductions and personalised gym training plans with free gym inductions for IPACA students. Our facilities include a large sports hall for volleyball, basketball, football and circuit training. A dance studio for pilates, yoga, keep fit classes and table tennis. We also offer Bed & Breakfast accomodation.

### Contact

**Telephone** 01305 823761  
**Email** [mandy.spencer@portland.ymca.org.uk](mailto:mandy.spencer@portland.ymca.org.uk)  
**Website** <http://www.portlandymca.org.uk/>

### Venue

**Venue address** Ymca Red Triangle Club  
Portland  
Dorset  
**Postcode** DT5 2AN  
**Locality** Weymouth & Portland

### Other information

**Availability** Weekend  
All year  
Weekday  
Daytime  
**Opening times** Mon: 09:00-21:00  
Tue: 09:00-21:00  
Wed: 09:00-21:00  
Thu: 09:00-21:00  
Fri: 09:00-21:00  
Sat: 10:00-16:30  
Sun: 10:30-16:30  
**Additional Information** Visit website for further information.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.