

EASTER HOLIDAYS 2011. BARNET YOUTH AND CONNEXIONS POSITIVE ACTIVITIES FOR 8-25 YEAR OLDS.

The following is a list of free activities available to young people in Barnet as part of the Youth and Connexions Positive Activities programme.

Whilst all young people are free to apply, priority will be given to those who are referred by a professional so please let IPOP know if you are booking yourself or if you would like us to book you onto an activity.

IF YOU THINK YOUR YOUNG PERSON WILL NEED EXTRA SUPPORT, PLEASE LET IPOP KNOW AND CONTACT YOUR SOCIAL WORKER OR THE COMPLEX NEEDS TEAM

To book please complete the enclosed Parent Authorisation Form. This needs to be sent with a £5 returnable deposit to Canada Villa Young People's Activity Centre, Pursley Road, NW7 2BU.

The deadline for applications onto all courses is **Thursday 31st March 2011 at Midday**

WEEK 1

CHICKENSHED

Ages -8-12

Venue - CHICKENSHED THEATRE, CHASE SIDE, SOUTHGATE. N14 4PE

Dates and time – 11th – 18th April TIME – 10-4pm

Create a show in just a week! As the Easter Holiday draws on and there's still no sign of the Easter Bunny, come to Chickenshed and banish those thoughts of chocolate yet to come and be part of a show that needs you to create it! Beginning on Monday morning, participants will be part of a cast who will work together to come up with ideas for the show, then create the story, rehearse the script, learn the songs and make up the dances - all in time for the performance on Friday afternoon! With that much going on you'll have no time to even think about Easter Eggs!

Easter Shed is for anyone between the ages of 8-12 and is delivered by Chickenshed's highly experienced and energetic performers and workshop leaders. Everyone is welcome regardless of experience.

FITNESS AND NUTRITION (YOUNG MEN)

Ages - 15-19 (up to 25 for young people with learning difficulties/ disabilities)

Venue – LONDON ACADEMY, Spur Road Edgware Middlesex HA8 8DE

Dates and Time – 12th – 14th April TIME – 10.30-1.30pm

Get fit, build muscle, learn about nutrition to either lose weight or define body mass. Joining a gym or simply becoming more active does not guarantee a healthier lifestyle. London Academy's Gym Fitness is different as we provide our students with support and guidance not only in Fitness but also in Nutrition and Lifestyle management. This 3 day holistic course approaches well-being positively and with the help of personal trainers students reach and maintain their goals, therefore achieving total wellness.

FASHIONISTA

Ages - 12-16

Venue – CANADA VILLA YOUTH CENTRE, Pursley Road Mill Hill NW7 2BU

Dates and Time – 12th – 14th April TIME - 10-4pm

DO U FANCY YOURSELF AS A STYLE GURU? Then why not join our FASHIONISTA course this EASTER! Move over Gok Wan, You're no longer the style council man. Join this course and uncover the secrets of styling with Fashion Industry professionals. Customise and accessorise. Learn about new HOT brands and trends. Re-invent yourself and learn to Re-create different looks & become a FASHION STYLE GURU! JOIN FASHIONISTA NOW!

SQUASH FOR DEAF AND HARD OF HEARING YOUNG

PEOPLE

Ages 8-19 (up to 25 for young people with learning difficulties/ disabilities)

Venue -THE WALKER CRICKET GROUND,175 Waterfall Rd London N14 7JZ

Dates and Time – 12th – 14th April . 2-3.30pm

Squash for deaf/hard of hearing juniors – all standards/abilities welcome. Enjoy Squash at the Walker Cricket Ground on the new courts. Come and join in the fun in our beautiful surroundings!

ARTS AND CRAFT

Ages- 9-14

Venue - WHITEFIELDS SCHOOL, Claremont Road Cricklewood NW2 1TR

Dates and Time – 12th – 14th April TIME – 10.30am – 12.30pm or 1pm – 3pm

A series of two hours arts & crafts workshops in which young people will have an opportunity to learn how to design a collage by using symbols of a chosen country. You will use what's around you: paper to used toilet rolls, card boxes, newspapers, plastic bottles, etc. to make your own design and an art object from a chosen country

COOKING IS FUN

Ages-9-14

Venue – WHITEFIELDS SCHOOL, Claremont Road Cricklewood NW2 1TR

Dates and Time – 12th – 14th April TIME – 10.30am – 12.30pm & 1pm – 3pm

A series of two hours cookery workshops in which you will learn how to prepare, make and evaluate different healthy options using set ingredients within a given budget. The workshops will be led by an experienced food technology specialist. Lots of fun guaranteed

WEEK 2

MULTISPORTS

Ages- 8-17 (up to 25 for young people with learning difficulties/ disabilities)

Venue - WOODHOUSE COLLEGE, Woodhouse Road Finchley N12 9EX

Dates and Times – 19th – 21st April TIME – 10 -1pm

A great way to learn and play some great new sports. Come and play Lacrosse, short tennis, Tag Rugby, Kwik Cricket, football, Basketball and more with us at Elite Sports. Never played before great, come and have fun the Elite way

FITNESS AND NUTRITION (YOUNG WOMEN)

Ages- 8-19 up to 25 for young people with learning difficulties/ disabilities)

Venue – London Academy, Spur Road Edgware Middlesex HA8 8DE

Dates and Times- 19th – 21st April TIME – 10.30-1.30pm

Get fit, build muscle, learn about nutrition to either lose weight or define body mass. Joining a gym or simply becoming more active does not guarantee a healthier lifestyle. London Academy's Gym Fitness is different as we provide our students with support and guidance not only in Fitness but also in Nutrition and Lifestyle management. This 3 day holistic course approaches well-being positively and with the help of personal trainers students reach and maintain their goals, therefore achieving total wellness.

KUNG FU CHINESE BOXING

Ages- 8-19 (up to 25 for young people with learning difficulties/ disabilities)

Venue – WOODHOUSE COLLEGE, Woodhouse Road Finchley N12 9EX

Dates and Times – 19th – 21st April TIME – 1-5pm

Bruce Lee's Kung Fu - Wing Chun, Tai Chi and Self protection skills, sparring and body conditioning, Incorporating Football, basketball, and other games. Get Fit Have fun and you will receive an SAS martial arts grading certificate.

LETS GET ANIMATED

Ages- 11-16

Venue – CANADA VILLA YOUNG PEOPLES CENTRE, Pursley Road Mill Hill NW7 2BU

Dates and Time – 19th – 21st April TIME – 10-4pm

Release the animator in you, jump right in and teach yourself to animate, make your own film or cartoon in just hours. This 3 day course is designed to encourage the artist in everyone, from young kids to grown up kids. The programme will show you how to use simple design tools to create your own animated short film clip or cartoon!

SPORTS AND CRAFT CAMP

Ages- 8-13 years

Venue – THE WALKER CRICKET GROUND, 175 Waterfall Rd London N14 7JZ

Date and Time – 19th – 21st April TIME – 10-4pm

Come and be a part of this exciting Sport and Craft Activity Camp at the Walker Ground. The programmes encourage children from ages 8-13 years to participate in a range of both sporting and craft activities. All sporting activities are facilitated by qualified and experienced instructors and coaches.

MOTORCYCLE MECHANICS

Ages- 13-19 (up to 25 for young people with learning difficulties/ disabilities)

Venue – GRAHAME PARK YOUNG PEOPLES ACTIVITY CENTRE, Corner Mead. NW9 5RA

Date and Time – 19th – 21st April TIME – 10-4pm

The Motorcycle Workshop is a course aimed to teach you the everyday servicing techniques to keep a motorbike in tip top condition. You'll spend time with our tutors maintaining our fleet of dirt bikes before spending a day off-roading.

Useful Websites

www.barnet.gov.uk/Positive-activities

www.barnetbase.net- type 'EASTER' into the search box

Useful numbers

IPOP- 020 8441 0404

Canada Villa (for course queries) 020 8359 3530

Complex Needs Team (for support) – 020 8359 7374/ 7721