

Activities for children and young people

July - September 2020

look online for any late holiday entries at
www.haringey.gov.uk/holidayfun



COVID SECURE
see page 3 - 4



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Cllr Kaushika Amin

Summer in Haringey 2020

We have teamed up with a range of local providers this year to host a bumper Summer Holiday Programme. A wide range of outdoor activities will be taking place in our fantastic parks, where hygiene measures and social distancing rules can be more easily implemented and managed during the ongoing COVID-19 pandemic.

Activities include:

- Athletics
- Cycling, including adapted cycling
- Non-contact ball court activities
- Online activities, such as Inclusive Theatre
- Outdoor dance
- SEND activities
- Tennis
- Xplorer (family orienteering)

We want to reassure parents and young people that we are working closely with our providers to ensure the programme is as COVID-secure as possible. While we'll be doing everything in our power to keep your children safe during these activity sessions, you can help us

by making sure they wash their hands thoroughly for 20 seconds before leaving home and follow instructions when they arrive at the park. You should also keep up-to-date with the Government's latest 'Attending out of school settings' guidance at:

www.gov.uk/government/publications/guidance-for-parents-and-carers-of-children-attending-out-of-school-settings-during-the-coronavirus-covid-19-outbreak

Despite the current restrictions, we are confident young people will find the programme really engaging and lots of fun and the best bit about all of this is that most of what is on offer is completely FREE! Please note though that you may have to book some activities in advance, whereas others are drop-in sessions.

The programme runs between Monday 20 July and Friday 28 August. Have a great summer!

Cllr Kaushika Amin

Cabinet Member for Children, Education & Families

Keep a safe distance, control
the virus, save lives

Safety Advice

It is important to be safe this summer,
so consider the following:



**Bring your own hand
sanitiser and labelled water
bottle – do not share them!**



**Wear sunscreen, a hat/
cap, loose fitting clothing
and appropriate footwear**



**Anyone who is feeling unwell,
or experiencing COVID-19
symptoms, should stay home
and self-isolate**



**Please note that there are no toilet facilities
at many locations**



Activities for children and young people

July - September 2020



#youthWISE Drop-in / Dance Session

11 - 19 years

Fun and social community for LGBTQI+ young people 11 to 19 years. Open to people of all abilities. Sessions are only open to registered users.

Dates: Every Monday , 3 - 31 Aug, 3 - 4pm

Cost: Free

Venue: Wood Green Library

Just Turn Up? Registration required

Book: info@wisethoughts.org

Suitable for Disabilities? Yes

2TR Football Brunswick

8+ years

Fast and dynamic football session, where you can learn new skills, make friends and have great fun. Sessions will operate on a first come, first served basis.

Dates: Mon - Fri , 3 - 28 Aug, 12 - 2pm

Cost: Free

Venue: Brunswick Park MUGA

Just Turn Up? Yes

Email: charlesbrowne@2trfootball.com

Suitable for Disabilities? Contact provider

2TR Football Chestnuts

8+ years

Fast and dynamic football session, where you can learn new skills, make friends and have great fun. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 20 July - 28 Aug, 3 - 5pm

Cost: Free

Venue: Chestnut Park MUGA

Just Turn Up? Yes

Email: charlesbrowne@2trfootball.com

Suitable for Disabilities? Contact provider



2TR Football Fairland

8+ years

Fast and dynamic football session, where you can learn new skills, make friends and have great fun. Sessions will operate on a first come first served basis.

Dates: Mon - Fri , 27 July - 21 Aug.

11am - 1pm

Cost: Free

Venue: Fairland Park MUGA

Just Turn Up? Yes

Email: charlesbrowne@2trfootball.com

Suitable for Disabilities? Contact provider

2TR Football Hartington

8+ years

Fast and dynamic football session, where you can learn new skills, make friends and have great fun. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 20 July - 28 Aug, 12 - 2pm

Cost: Free

Venue: Hartington Park MUGA

Just Turn Up? Yes

Email: charlesbrowne@2trfootball.com

Suitable for Disabilities? contact provider



2TR Football Lordship

8+ years

Fast and dynamic football session, where you can learn new skills, make friends and have great fun. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 20 July - 28 Aug, 3 - 6pm

Cost: Free

Venue: Lordship Rec MUGA

Just Turn Up? Yes

Email: charlesbrowne@2trfootball.com

Suitable for Disabilities? Contact provider

Access to Sport

6 - 19 years

This summer Access to Sports will be offering free of charge coaching in a variety of sports including: Football coaching and skills, Basketball Skills and Challenges, Archery, Tennis, Dance Fitness, Athletics and Leadership programmes.

Dates: 20 July - 28 Aug, contact for times

Cost: Free

Venue: Finsbury Park

Just Turn Up? No

Email: Info@accesstosports.org.uk

Book: <https://accesstosports.org.uk>

Suitable for Disabilities? Yes

Alexandra Palace's Young Creatives Network

14 - 24 years

Get involved in a range of different activities programmed by Ally Pally's first young people's programming team! From creative activities to mentoring and work experience opportunities. Whether you want to kick start your career in the creative industries or you just want to have fun. Keep your eyes peeled for opportunities to get your teeth into.

Venue: Alexandra Palace

Just Turn Up? No

Email: learning@alexandrapalace.com.

Suitable for Disabilities? Yes



Arts and Crafts

5+ years

Arts & crafts activity for children with Nina and Joan have fun and get creative at the same time. Sessions will operate on a first come first served basis.

Dates: Every Fri , 31 July - 21 Aug.

2 - 5pm

Cost: Free

Venue: Lordship Rec

Just Turn Up? Advance booking

Email: joanhcurtis51@gmail.com

Suitable for Disabilities? Contact provider

Alexandra Palace Young People's Programming Team

16 - 24 years

There is still time to join Ally Pally's new young people's programming team. You'll be working with experts across the arts; music, fashion, dance, photography, fine art. Gaining real hands on experience, you'll produce a series of cultural events across Haringey; shaping the cultural landscape and creating real change for young people in your neighbourhood.

Venue: Alexandra Palace

Just Turn Up? No

Email: learning@alexandrapalace.com.

Suitable for Disabilities? Yes

Athletic Camp DILI Management

6 - 12 years

Olympic countdown beings, let's train and be ready for 2021! Discover how to Run fast, jump high and throw far. Introduction to track and field athletics. A safe and friendly environment. Sessions will operate on a first come first serve basis.

Dates: Every Mon, 20 July - 10 Aug, 2 - 4pm

Cost: Free

Venue: Lordship Rec - Main Field

Just Turn Up? Yes

Email: info@dilimanagement.com

Phone: 07751609136

Suitable for Disabilities? Contact provider



Athletics @ New River

8+ years

Learn to be the next Olympic star with this fantastic athletics session. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 27 July - 14 Aug, 11am - 1pm

Cost: £2

Venue: New River Sports and Fitness

Just Turn Up? Yes

Email: sportyhuman@yahoo.com

Suitable for Disabilities? Contact provider

Basketball @ TPL

8 - 18 years

Develop your game with skills and drills. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 20 July - 28 Aug.

1 - 4pm and 6 - 8pm

Cost: Free

Venue: Ducketts Common Basketball Courts

Just Turn Up? Yes

Email: get.active@haringey.gov.uk

Suitable for Disabilities? No



Boxing

10 - 21 years

Non contact boxing and supervision. Please contact to book in advance, spaces are limited. Sessions subject to centre opening in line with government guidelines. Check in advance.

Dates: 4 - 28 Aug, 10am-11.15am, 11.30am-12.45pm, 1-2.30pm

Cost: Free

Venue: London Boxing Academy

Just Turn Up? No

Book: 07838132091

Email: chris@londonboxingacademy.co.uk

Suitable for Disabilities? Yes

Boxing Circuits

12 - 25 Years

Boxing circuits delivered by Selby Amateur Boxing Club In partnership with Haringey Gold.

Dates: Tues & Thurs, 28 July 27 Aug, 3 - 5pm

Cost: Free

Venue: Bull Lane Playing Field

Just Turn Up? No

Call: 020 8885 5443

Email: info@selbyboxingclub.co.uk

Suitable for Disabilities? Contact Provide

Carnival workout

All ages

Our classes are geared to giving you a taste of the Caribbean carnival scene, while improving stamina and confidence in a creative and exciting way. Session availability depends on centre opening in line with government guidelines. Please check before attending.

Dates: 7 - 21 Aug, 2 - 4 pm

Cost: Free

Venue: New River Sport Centre

Just turn up? No

Email: diment@hotmail.co.uk

Call: 07736 068014

Suitable for Disabilities? Contact provider



Carnival Dance

All ages

Our classes are geared to giving you a taste of the Caribbean carnival scene, while improving stamina and confidence in a creative and exciting way. Sessions will operate on a first come first served basis. Session availability depends on centre opening in line with government guidelines. Please check before attending.

Dates: Every Thurs, 23 July - 13 Aug, 2pm - 4pm

Cost: Free

Venue: Lordship Rec

Just Turn Up? Advance booking

Email: diment@hotmail.co.uk

Call: 07736 068014

Visit: www.dimensionslondon.com

Suitable for Disabilities? Contact provider



Creative Dance Workshop

4 - 10 years

Dance outside this summer! Get moving in our creative dance sessions this summer, no experience needed! The classes focus on imagination, creativity and mindfulness through movement.

Dates: Every Wed, 5 - 26 Aug, 2 - 3pm

Cost: £2 per session

Venue: Lordship Rec - next to the gym

Just Turn Up? No

Book: atruefittcollective@outlook.com

Call: 0780 700 9750

Suitable for Disabilities? Contact provider

Community sports

12 - 16 years

With social distancing incorporated. Delivered by Salaam Peace, multi-award winning community engagement programme. Founder/CEO Sab Bham, ex-Gladesmore Pupil.

Dates: Every Tues 21 July - 25 Aug, 4.45 - 6.15 pm

Cost: Free

Venue: Rangemoor Rd Open Space MUGA

Just Turn Up: No

Book: contact@salaampeace.org

Email: sab@salaampeace.org

Visit: www.salaampeace.org

Suitable for Disabilities? Contact provider

Community Sports

12 - 16 years

Incorporating social distancing. Football/ basketball for 12-16 year olds. skills training and non-contact match play. progression to teams and SP Academy of sporting excellence.

Dates: Every Wed 21 July - 26 Aug 9.15 - 11.15 am

Cost: Free

Venue: Rangemoor Rd Open Space MUGA

Just Turn Up? No

Book: contact@salaampeace.org

email: sab@salaampeace.org

Visit: www.salaampeace.org

Suitable for Disabilities? Contact provider

Creativity Camps - From The Street - Spoken Word Workshops

11 - 14 years

From The Streets is a four week cross-arts summer programme. For five days you will work with leading artists from urban culture to create new and exciting work. The theme of this year's camps is the environmental crisis with Ally Pally's outdoor setting providing inspiration. Each week you will hear from young and inspiring environmental campaigners and be given the chance to creatively explore your own feelings and relationship to the world around you.

Dates: 3 - 28 Aug , 10am - 4pm

Cost: £100 per week

Venue: Alexandra Palace

Just Turn Up? No

Email: learning@alexandrapalace.com.

Suitable for Disabilities? Yes

Cycling for the family

2 - 5 years

Enjoy games and activities with your toddler, while learning more about getting started with balance bikes and building confidence. Sessions will operate on a first come first served basis.

Dates: Every Wed, 22 July - 12 Aug, 12 - 3pm

Cost: Free - welcome donations

Venue: Lordship Rec - Model traffic area

Just Turn Up? No

Book: www.wheelytots.com/toddlers

Email: info@wheelytots.com

Suitable for Disabilities? Contact provider



Cycling for the family

2 - 5yrs

Enjoy games and activities with your toddler, while learning more about getting started with balance bikes and building confidence. Sessions will operate on a first come first served basis.

Dates: Mon - Fri, 20 July - 7 Aug

9:30 - 11:30am

Cost: Free - welcome donations

Venue: Priory Park Basketball courts

Just Turn Up? No

Book: www.wheelytots.com/toddlers

Email: info@wheelytots.com

Suitable for Disabilities? Contact provider



Cycling Pedal Power

All

Pedal Power is the cycling club for all ages with learning disabilities. Maximum number in group 10, you must provide your own helmet and hand sanitiser. Sessions are 40 minutes long @10, 11, & 12, you must call to book.

Dates: 7, 14, 21, 29 Aug, 10am - 1pm

Cost: Free

Venue: Finsbury Park Track

Just Turn Up? No

Call: 07490370347

Suitable for Disabilities? Yes



Down Lane Park Dalmage Active Multi-Sports

13 - 16 years

Come and enjoy weeks of exciting sporting activities. Our Multi Sports sessions will give you the opportunity to have fun and interact with others through sports. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis, Rounders, Athletics and much more.

Dates: Mon - Fri, 27 July - 21 Aug, 3 - 5pm

Cost: Free

Venue: Down Lane Park

Just Turn Up? Yes

Email: Tashancsc@gmail.com

Call: 07964 523941

Instagram: @DalmageActive

Suitable for Disabilities? Yes

Down Lane Park Living Under One Sun

All

Fun camp featuring Hula Hoops, skipping Yoga, dance, Non contact boxing, Basketball, Table tennis and Cycling. Activities to take place in Down Lane Park Basketball court and adjacent park area / LUOS Community Hub's enclosed outdoor grounds and front area.

Dates: Every Thurs, Fri, Sat, 16 July - 29 Aug, 11am - 4pm

Cost: Free

Venue: Down Lane Park

Just Turn Up? No

Book: comms@livingunderonesun.co.uk or in person at LUOS hub

Call: 020 8885 5416

Suitable for Disabilities? Yes

Downhills Park Dalmage Active Multi-Sports

12 - 16 years

Come and enjoy weeks of exciting sporting activities. Our Multi Sports sessions will give you the opportunity to have fun and interact with others through sports. Get involved in a range of activities such as: Fitness session, Football, Basketball, Athletics and more.

Dates: Mon - Fri, 27 July - 21 Aug, 4 - 6pm

Cost: Free

Venue: Downhills Park MUGA

Just Turn Up? Yes

Email: Tashancsc@gmail.com

Call: 07964 523941

Instagram: @DalmageActive

Family Yoga

6+ years

A fun accessible yoga class for everyone, providing a safe and inclusive space for people to practice yoga and for students to leave feeling nourished and relaxed. Sessions will operate on a first come first served basis.

Dates: Lordship Rec: Every Tues, 21 July - 11 Aug, 2 - 3pm; New River Sport Centre : 3 - 17 Aug, 2 - 3 pm

Cost: Free

Venue: Lordship Rec - Round the back of the Hub and New River Sports Centre

Just Turn Up? Yes

Instagram: @yogaintottenham

Suitable for Disabilities? Contact provider

Female Boxing and Fitness @ Hornsey School

11 - 16 years

Female only Boxing and fitness session.

Dates: Mon, Tues, Wed, 27 July - 12 Aug, 2 - 3pm

Cost: Free

Venue: Hornsey School for Girls

Just Turn Up? No

Call: 020 8885 5443

Visit: www.selbyboxingclub.co.uk

Suitable for Disabilities? Contact to discuss



Fields in Trust Launch - Brunswick Park

All

Try out some activities to get ready for the summer, this includes, Basketball, 2 Touch Football, Table tennis and Fun fitness session. Sessions will operate on a first come first serve basis.

Dates: 1 Aug, 1.30 - 4.30 pm

Cost: Free

Venue: Brunswick Park

Just Turn Up? Yes

Email: get.active@haringey.gov.uk

Suitable for Disabilities? Yes

Fields in Trust Launch - Fairland Park

All

Try out a some activities to get ready for the summer, this includes, 2 Touch football, Cricket and Fun fitness session Sessions will operate on a first come first served basis.

Dates: 25 July, 1.30 - 4.30 pm

Cost: Free

Venue: Fairland Park

Just Turn Up? Yes

Email: get.active@haringey.gov.uk

Suitable for Disabilities? Yes

Football Skills and Drills

8 - 12 years

Fun football skills and drills session.

Dates: Mon - Fri, 27 July - 28 Aug, 2 - 4pm

Cost: Free

Venue: Down Lane Park

Just Turn Up? Yes

Email: ccrfc@hotmail.com

Suitable for Disabilities? No

Fortis Green Kids' Club holiday playscheme

4 - 12 years

Summer holiday activities run by Fortis green Kids Club.

Dates: 20 July - 27 Aug, 9am - 3pm

Cost: £130 Mon - Thrus

Venue: St Peter Le Poer Church

Just Turn Up? No

Email: fortisgreenkidsclub@hotmail.co.uk

Book: www.fortisgreenkidsclub.org

Suitable for Disabilities? No

HarPA - Somerford Grove Adventure Playground

5 - 15 years

The adventure playground is open for play this summer! Maximum of 15 young people per session. 2 hour slot per group. Booking required. Bring your own bike, scooter, skates, play equipment! You must be signed up to Haringey Play Association.

Dates: Mon - Sat , 29 July - 29 Aug , 10am - 5pm

Cost: Free

Venue: Somerford Grove Adventure Playground

Just Turn Up? No

Email: sereena@haringey-play.org.uk

Call: 07807 100 189

Visit: www.haringey-play.org.uk

Suitable for Disabilities? Contact us to discuss

Highgate Cricket Camp

Cricket camps for kids at all levels. Learn and develop you cricket game in a fun and safe environment.

Dates: 27 - 31 July, 10am - 4pm

Cost: £40 per day. Contact us to check out your eligibility for a free place.

Venue: Highgate Cricket Club

Just Turn Up? No

Book: www.openplay.co.uk/provider/945

Email: cricket@highgate-cricket.co.uk

Call: 07481 622191

Highgate Cricket Girls Camp

Girl Cricket camps for girls at all levels. Learn and develop your cricket game in a fun and safe environment.

Dates: 20 - 25 July, 10am - 4pm

Cost: £40 per day

Venue: Highgate Cricket Club

Just Turn Up? No

Book: www.openplay.co.uk/provider/945

Email: cricket@highgate-cricket.co.uk

Call: 07481 622191



Highgate Tennis Girls Camp

This is a fun and enjoyable girls tennis camp 10-4pm for players 10-14 years old run by Highgate's new Director of Tennis and LTA Level 5 Coach, Lucy Dean.

10 - 14 years

Dates: 27 - 31 July, 17 - 21 Aug, 10am - 4pm

Cost: £47.50 per week

Venue: Highgate Cricket Club

Just Turn Up? No

Book: <https://highgate-tennis.co.uk/juniors/holiday-camps/>

Email: coaching@highgate-tennis.co.uk

Suitable for Disabilities? Yes

Highgate Tennis Inclusive Camp

This is a fun and enjoyable tennis camp 10-1pm for children aged 5-16 years with additional needs and/or disabilities. Run by an LTA disability trained coach and assistants.

6 - 16 years

Dates: 3 - 7, 24 - 28 Aug, 10am - 1pm

Cost: £47.50 per week

Venue: Highgate Cricket Club

Just Turn Up? No

Book: <https://highgate-tennis.co.uk/juniors/holiday-camps/>

Email: coaching@highgate-tennis.co.uk

Suitable for Disabilities? Yes

Highgate Tennis Junior Camps

Tennis camps for kids at all levels with kids split into the following age groups - 3 - 4 yrs., 5 - 7 yrs., 8 - 10 yrs & 11+ yrs. The coach will work on the main shots of the game and getting the kids to learn how to play in a fun and safe environment.

Dates: 20 July - 28 Aug, 10am - 4pm

Cost: £175/week - Contact us to check out your eligibility for a free place

Venue: Highgate Cricket Club

Just Turn Up? No

Book: <https://highgate-tennis.co.uk/juniors/holiday-camps/>

Email: coaching@highgate-tennis.co.uk

Suitable for Disabilities? Yes

Hr Sports Academy Football Camp

5 - 15 years

Weeks of fun and quality football coaching for boys and girls to develop their skills and techniques through a variety of activities while practicing social distancing in small groups. Please visit our website for more information. All sessions will be delivered outdoors. A refillable water bottle must be provided, and participants must wear clothing appropriate for sports and the weather.

Dates: Mon - Fri, 20 - July - 14 Aug, 9am - 12 noon

Cost: £8 session

Venue: Markfield Park All weather pitch

Just Turn Up? No

Book: www.hrsportsacademy.co.uk/summer2020

Email: info@hrsportsacademy.co.uk

Suitable for Disabilities? Yes

Hr Sports Academy Multisports Camp

5 - 15 years

Weeks of fun games and competitions which allow participants to develop their skills and techniques in a wide variety of sports while practicing social distancing in small groups. Please visit our website for more information. All sessions will be delivered outdoors. A refillable water bottle must be provided, and participants must wear clothing appropriate for sports and the weather.

Dates: Mon - Fri, 20 - July - 14 Aug, 1 - 4pm

Cost: £8 session

Venue: Markfield Park All weather pitch

Just Turn Up? No

Book: www.hrsportsacademy.co.uk/summer2020

Email: info@hrsportsacademy.co.uk

Suitable for Disabilities? Yes

Hr Sports Academy Youth Club

13 - 18 years

Weeks of fun games and competitions which allow participants to develop their skills and techniques in a wide variety of sports while practicing social distancing in small groups. Please visit our website for more information. All sessions will be delivered outdoors. A refillable water bottle must be provided, and participants must wear clothing appropriate for sports and the weather.

Dates: Mon - Fri, 20 - July - 14 Aug, 4.30 - 6.30pm

Cost: Free

Venue: Markfield Park All weather pitch

Just Turn Up? No

Book: www.hrsportsacademy.co.uk/summer2020

Email: info@hrsportsacademy.co.uk

Suitable for Disabilities? Yes

Hula Hoops

All ages

Get active and have some fun learning how to hula hoop. Sessions will operate on a first come first serve basis.

Dates: Every Thurs, 23 July - 13 Aug.

3 - 5pm

Cost: Free

Venue: Lordship Rec - Main Field

Just Turn Up? Yes

Email: tosarahall52@gmail.com

Suitable for Disabilities? Contact provider



Kids Boxing

6 - 12 years

Kids boxing camp fun by Selby Amateur Boxing.

Date: every Tues , 28 July - 25 Aug , 3 - 5 pm

Venue: Bull Lane playing field

Just Turn Up? No

Call: 020 8885 5443

Email: info@selbyboxingclub.co.uk

Suitable for Disabilities? Contact Provide

Living Under One Sun Camp Carnival Day

All

A day to celebrate and local talent and achievements. Participants who have taken part in the holiday camp will have a chance to showcase there skills and the work they have been doing all summer.

Dates: 29 Aug, 11am - 4pm

Cost: Free

Venue: Down Lane Park

Just Turn Up? No

Book: info@livingunderonesun.co.uk or in person at LUOS hub

Call: 020 8885 5415

Markfield Summer Play Scheme

6 - 19 years

We offer a wide range of mainly outdoor play activities - we have a huge adventure playground with dens, swings and slides, bonfire pit and zip wire. Arts, craft activities, gardening and cooking activities, football and basketball. We welcome children and young people who have additional needs / disabilities, or who have a disabled sibling.

Dates: 3 - 21 Aug.

Cost: Contact us for details of session fees

Venue: Markfield Community Centre

Just Turn Up? No

Call: 020 3667 5232

Email: jseaden@markfield.org.uk

Suitable for Disabilities? Yes

Non-contact Kick boxing

8 - 12 years

This fantastic session will take you through a full range of Martial Arts skills and technique. A great way to get fit and have fun. First come first served. Sessions take place in the cage around the back of the centre.

Dates: Mon, Wed, Fri, 27 July - 14 Aug, 12 - 1pm

Cost: Free

Venue: Tottenham Community Sports Centre

Just Turn Up? Yes.

Call: 07399028633

Email: esmond.francis@btinternet.com

Suitable for Disabilities? Contact provider

Project 2020

10 - 19 years

This summer, Project 2020 will be offering fun activities for young people in Haringey. Including cooking, music, quizzes, and more. Some will be offered online via platforms such as Zoom. To receive 'What's On' information please use the contact details stated.

Dates: Aug, Contact for info

Cost: Free

Venue: Contact for details

Just Turn Up? No

Email: Project2020@homesforharingey.org

Call: 07790 379 194

Suitable for Disabilities? Please contact



Sanjuro Martial Arts Fitness

11 - 16 years

Martial art fitness class using music. This class is for all abilities and ages. These classes will teach you practical martial art movement and help you to get and stay fit in an enjoyable environment. Glenn is the chief instructor for Sanjuro and has been coaching martial arts for many years

Dates: Tues - Friday, 28 July - 14 Aug, 3 - 4pm

Cost: Free

Venue: Hornsey School for Girls

Just Turn Up? No

Email: anita@sanjurotrainingsystems.com

Suitable for Disabilities? Yes

Selby Boxing & Fitness

12+ year

With health and fitness such an important part of our lives now, Selby Boxing & Fitness are offering students aged 12+ the opportunity to learn the art of boxing, enabling them to keep fit through boxing training and fitness.

Dates: Every Mon, Weds, 27 July - 19 Aug, 4 - 5pm

Cost: Free

Venue: Bull Lane Play Field

Just Turn Up? Yes

Call: 020 8885 5443

Visit: www.selbyboxingclub.co.uk

Suitable for Disabilities? Contact to discuss

Tennis in the Park

4+ years

Weekly tennis sessions run by LTA trained coaches from Coolhurst Tennis Club. Parks include Bruce Castle, Down Land, Downhills and Stationers. First come first served, spaces will be limited.

Dates: Tues, Weds, Thurs 28 July - 20 Aug.

Downhills and Stationers Park 4 - 8 years

10 - 11.30am, 12+ years: 11.30am - 1pm

Down Lane and Bruce Castle Park 4 - 8 years: 2 - 3.30pm, 12+ years: 3.30 - 5pm

Cost: Free

Venue: Tennis courts

Just Turn Up? Yes

Email: info@coolhurst.co.uk

Call: 07939 24025

Suitable for Disabilities? Yes



Woman Only Booty Camp

15 years +

Women only boot camp fun by Selby Amateur Boxing.

Date: Mon & Wed 27 July - 26 Aug, 6 - 7 pm

Venue: Bull Lane

Just Turn Up? No

Call: 020 8885 5443

Email: info@selbyboxingclub.co.uk

Suitable for Disabilities? Contact Provide

WeMove! Street Dance

8 - 12 years

Street Dance for all levels - learn routines and the latest dance trends with dance specialists in a mix of styles.

Dates: Mon - Fri, 27 July - 14 Aug, 3.30 - 4.30pm

Cost: Free

Venue: Hornsey School for Girls

Just Turn Up? No

Email: Info@wemovedance.com

Call/Text: 07493612589

Visit: www.wemovedance.com

Wheely Tots Parent & Toddler Sessions

Under 5s

Enjoy games and activities with your toddler, while learning more about getting started with balance bikes and building confidence.

Dates: Check website

Cost: £6 donation / limited free places available

Venue: Finsbury Park, Lordship Rec

Just turn up? No

Email: info@wheelytots.com

Suitable for disability? Contact provider

Xplorer

A family challenge, an outdoor adventure sport that helps children to use both mind and body. Complete the route by walking, using a wheel chair, running or cycling. Sessions will operate on a first come first served basis.

Monday Lordship Rec 2 - 4 pm

Thursday Bruce Castle 2 - 4 pm

Wednesday Priory Park 2 - 4 pm

Thursday Finsbury Park 2 - 4 pm

Friday Down Lane Park 11am - 1pm

Dates: 27 Jul - 20 Aug

Cost: Free - welcome donations

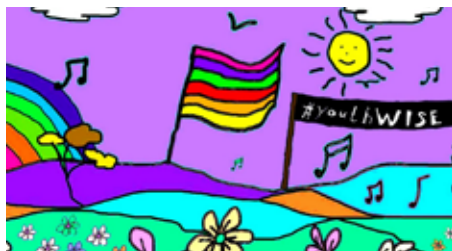
Venue: Various

Just Turn Up? Yes

Contact: get.active@haringey.gov.uk

Suitable for Disabilities? Yes

Online activities



#youthWISE Online Yoga

11 - 19 years

Fun Yoga sessions community for LGBTQI+ young people 11 to 19 years. Open to people of all abilities

Dates: 29 July - 26 Aug, 3 - 4pm

Cost: Free

Book: Email for details to register with WISE Thoughts

Email: info@wisethoughts.org

Suitable for Disabilities? Yes

Bruce Castle Family Tree Trail

Explore the great outdoors and discover more about Bruce Castle Park with our Family Tree Trail. See what things you can spot in the park, find out interesting facts and see if you can find the Ancient Oak, the oldest tree in the park. Download a copy of our Tree Trail from the Bruce Castle Museums webpage or at the link below and start exploring.

Dates: Ongoing

Cost: Free

Visit: www.haringey.gov.uk/bruce-castle-museum/whats/activities

Bruce Castle Museum - Family Fun Online

Get crafty and have a go at some of our online family activities. Each week there will be a different theme to explore, including bugs and beasts, all things nature, and Brilliant Bruce Castle. There are lots of related crafts, quizzes, and word searches to discover, simply download and get creative. Access these online resources on the Bruce Castle Museum webpage or at the link below.

Dates: Ongoing

Cost: Free

Visit: <https://www.haringey.gov.uk/libraries-sport-and-leisure/culture/exploring-haringey/bruce-castle-museum/whats/connecting-castle-fun-family-activities>

Connecting with the Castle – Online Gallery

Discover Bruce Castle Museum's Online Gallery, get creative with different mediums in your home and send in your artwork to go on display in the online gallery. Send your creations to museum.services@haringey.gov.uk along with your first name and age. Please note we cannot post images of children so photographs of artwork only please.

Dates: Ongoing

Cost: Free

Send to: museum.services@haringey.gov.uk

HarPA - Build Your Own Adventure Playground at home Competition

2 - 15 years

Make an adventure playground at home! It can be indoors or outdoors. Cushions, furniture, boxes, pots and pans, old bits and bobs from around the house. Get creative! Send us videos of you making playground and playing in it. Multiple entries allowed. Top Prize £50 Amazon Vouchers. Runners up prizes £25 Amazon vouchers.

Dates: Deadline 31 Aug

Cost: Free

Venue: Online

Just Turn Up? No

Call/Text: 07706 951 176

Visit: www.haringey-play.org.uk/

Suitable for Disabilities? Yes

HarPA - Toppa Tops!

8 - 15 years

New digital youth club. Complete challenges at home and send in your entries via video. Score points for originality, creativity and bravery. Top scorers each week win prizes worth £30! Challenges include football, cooking, creative, dance, music and more. Open to all young people in Haringey.

Dates: Ongoing

Cost: Free

Just Turn Up? No

Call/text: 07706 951 176

Visit: www.haringey-play.org.uk

Suitable for Disabilities? Yes

Inspiring Creative Confident Exciting new YOU by Fitness Martial Arts Self Defence

10 - 18 years

Learn how to become physically and mentally stronger. The POWERFUL SECRET of staying HEALTHY, ACTIVE, and POSITIVE - overcome tiredness and give up the "can't do it". Prepare yourself for your BEST new you, for school, college, university, For an Active Exciting Lifestyle. Using tools of Instructor Mr Malik Ayman (Founder of Five Pillars Taekwondo)

Dates: 10 - 13 Aug

10.30 - 11.30am

Cost: Free

Venue: Online

Just Turn Up? No

Call: 07957 146 746

Email: malikayman@fivepillarstkd.org.uk

Online dance with Positive Role Models

12+ years

Weekly online classes with professional dancer Fumy Opeyemi (@fumzgop), based around Afrobeats but with a fusion and blend of a variety of styles. Access via Zoom.

Dates: 1, 8, 15, 21 Aug, 2.30 - 4pm

Cost: Free

Just Turn Up? No

Book: <https://www.positiverolemodels.org.uk>

Selby Boxing & Fitness

All

Our online classes are designed to be done anywhere with a small space. It can be a fun way to get the all the family training together. The classes will target every part of the body from head to toe. You will start to see a big difference between 1 to 2 weeks of doing the class. If anyone would like to join our online classes it's free all you will need to do is send an email or DM on Instagram @selbyabc1 for the link.

12 and 6pm

Venue: Online

Just Turn Up? No

Call: 020 8885 5443

Visit: www.selbyboxingclub.co.uk

Suitable for Disabilities? Contact provider

The Workshop N4 Online Art Club

5 - 11 years

Wondering what to do creatively with the kids this summer? Look no further...Lisa has everything you need to keep the little ones busy for hours. Each week Lisa provides a video tutorial from her studio and daily mini art challenges via a closed Instagram group. Your children can do the challenges in their own time and you have access to all previous content so there is lots to choose from to suit all interests.

Dates: ongoing

Cost: £34 - £40 per month

Just Turn Up? N/A

Visit: www.theworkshopn4.com/products/instagram-art-club

Suitable for Disabilities? Yes

Email: lisapriceart@me.com

Your Bike Project

11 - 18 years

Be inspired by qualified cycle trainers and mechanics, and learn a range of skills: mending, fitting and riding bikes as well as journey planning. Take part in online challenges for prizes or to earn a bike.

Dates: Check website

Cost: Free

Just turn up? No

Email: yourbikeprojectuk@gmail.com

Book: www.yourbikeproject.com

Suitable for disability? Contact provider

WeMove! Inclusive Dance Online

13 - 21 years

Dance for all levels and learning styles - learn routines and express yourself with professional hip hop dancer Mahdi Ghali. Accessed via Zoom.

Dates: Tuesday 21st July - 25th August
1.30 - 2.30 pm

Cost: Free

Just Turn Up? No

Book: www.wemovedance.com

Email: info@wemovedance.com

Call/Text: 07493612589

Suitable for disabilities? Yes

Bruce Grove Youth Space Information

Youth Space

What is Bruce Grove Youth Space?

We like to think of the Bruce Grove Youth Space as a home from home. Young people of all backgrounds and walks of life attend, the Centre to get involved in a wide range of activities, which helps them stay connected to a positive community

What can the Youth Space provide?

We provide several activities including sports, gaming, creative outlets, and most importantly, an environment where you will be supported by our staff and volunteers.

How to book?

Summer Programme 20 July – 21 August, 1pm-9pm. Book your place for our summer programme by visiting **www.youthspace.haringey.gov.uk** First come, first served, don't miss out!

What's on?

Monday

Cooking, Vocal Lessons, T-Shirt Making Pocket Money, Music, Badminton, Table Tennis, Football Tennis, Arts & Craft, Football Jewellery Making, Artist Development, Music, Archery & Fitness.

Tuesday

Podcasting, Music, Photography, Film Making, Customising, Yoga, Gardening, Football, Tennis, Recycling Crafts & Pebble

Art, Love Me Natural, Football and Jewellery Making

Wednesday

Group Coaching, Cooking, Fashion Design, Prosthetic Filming, Music, Boxing & Fitness, Sanjuro, Arts & Crafts, Recycling Crafts & Pebble, Art and Football

Thursday

Podcasting, Cooking, Bike Maintenance, Robo Car Building, Photography, Hopeville, Badminton, Table Tennis, Movie Night, Jewellery Making, Yoga, Lawn Tennis and Arts & Crafts.

Bruce Castle Park

Tuesday & Thursday 2pm - 6pm

Football, Boxing, Jewellery Making and Yoga

Commerce Road Ball Court

Monday & Wednesday 3pm – 7pm

Football, boxing/fitness

Covid-19

- Anyone who is feeling unwell, or experiencing COVID-19 symptoms, should stay home and self-isolate
- If you arrive – or become – unwell, you will be sent home
- All participants will be asked to sanitise their hands upon entry and at regular intervals throughout the day
- Please respect the on-site social distancing measures



Stay In Work Out

We are all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever. In the booklet you will find fun and interactive activities you can take part in over the summer. For tips, advice, and guidance on how to keep or get active in and around your home, join the Sport England movement and use #StayInWorkOut to share how you are getting active during this time.

www.sportengland.org/stayinworkout

Want to find other classes online? Check out these useful links below:



Click the link or search for:

[Get Active](#)

[Yorkshire Sports Foundation](#) – PE
Activities at home

[Get Active](#) – Activity finder for live and
recorded classes

[UK Active Kids](#) – Fun games to stay
active at home

[Youth Sports Trust](#) – 60
seconds challenges

[TrueFit](#) – Online Dance classes

**WE WANT
TO HELP
YOU!**



LOOKING FOR SOMETHING TO DO?

Get Training. Get Experience. Get Paid.

- Gain qualifications to kickstart your career
- Find a job with our career service
- Support your mental health
- Join sports training sessions including boxing, football and basketball
- For more info call 07967 442 443



Venues Directory

Alexandra Palace

Alexandra Palace Way, N22 7AY

Bruce Castle Museum

Lordship Lane, N17 8NU

Bruce Grove Youth Space

10 Bruce Grove, N17 6RA

Brunswick Park

Brunswick Rd, south
Tottenham, N15 5SE

Bull Lane Playing Fields

N18 1SX

Chestnuts Park

St Ann's Rd, N15 5BN

Down Lane Recreation Ground

Down Lane Park, N17 9AU

Downhills Park

Downhills Park Rd, N17 6PE

Ducketts Common

London, N15 3DX

Fairland Park

27 Fairfax Rd, N8 0NH

Hartington Park

1 Stirling Rd, N17 9UN

Highgate Cricket & Lawn Tennis Club

Shepherd's Cot, N8 8JJ

Hornsey School for Girls

Inderwick Rd Crouch End N8 9JF

London Boxing Academy

New River Sports Centre,
White Hart Lane, N22 5QW

Lordship Hub

Higham Road Tottenham
N17 6NU

Markfield Park

Markfield Road, N15 4RB

New River Sports Centre

White Hart Lane, Wood
Green N22 5QW

Priory Park

112 Middle Lane, N8 8LJ

Rangemoor rd Open Space MUGA

Rangemoor rd, N15 4ND

Somerford Grove

Adventure Playground

Park Lane Close, N17 0HL

Stationers Park

Mayfield Rd Crouch End N8 9LP

St Peter Le Poer Church

Albion Ave Muswell Hill N10 1AQ

Tottenham Community Sport Centre

701-703 High Rd Tottenham
N17 8AD

Tewkesbury Road Open Space

Netherton Road N15 6RD

Wood Green Central Library

High Rd Wood Green N22 6XD

For more activities, check
'What's On' at haringey.gov.uk

