

# Play, learn and enjoy

Summer 2021

look online for any late holiday entries at  
[www.haringey.gov.uk/holidayfun](http://www.haringey.gov.uk/holidayfun)

**£1**

**UNDER 16 SWIM**

entry for Tottenham  
Green and Park Road  
Pools & Fitness (lido  
excluded)

**COVID SECURE**

see page 3 - 4



The College of  
Haringey, Enfield  
and North East London



**Haringey**  
LONDON

London's First **FREE** College

The College of  
Haringey, Enfield  
and North East London



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September 2021

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2 Holiday Fun

part of  
Capital City  
College Group





Cllr Mike Hakata



Cllr Zena Brabazon

## Summer 2021 – Play, Learn, Enjoy

This is the fourth year of our incredible summer activities holiday programme allowing children and young people to get active, socialise and connect. Never has this been more important. The restrictions of the last year have had a major impact on our young people and being able to get out and get active this summer is crucial in supporting and promoting their physical and mental health as well as overall wellbeing. With a packed programme of events across our leisure venues and parks, from music, drama and dance to athletics, basketball, football, boxing, gymnastics, swimming and much more, with inclusive disabled sessions, there is something for everyone. Not only that but a huge number of activities are free.

To make this happen, the council has supported and is teaming up with a range of local providers this year to host an extra special Summer Holiday Programme. A fantastic and diverse range of outdoor activities will be taking place in our splendid parks, running alongside our exciting People Need Parks initiative. The hugely popular £1.00 swim is back, and in our nine libraries you can take part in the Summer Reading Challenge. Our very youngest children can also enjoy library activities inside and out!

With additional activities provided through the Government's Holiday Activity and Food programme (HAF) this should prove to be our biggest and most inclusive

summer programme so far with safety very much at the forefront of our minds. Thankfully Haringey will have enough to offer this summer to ensure our children and young people can enjoy and thrive.

This year's highlights also include week-long sports camps and many hands-on activities such as bush crafts, and cooking; high-energy activities including boxing, dance, and swimming; creative sessions such as film making and art, and lots of other things to keep mind and body active.

All activities will adhere to the latest government guidance on hygiene measures and social distancing rules, that are easily implemented and managed during the ongoing COVID-19 pandemic.

You will find all the details in this guide, including times, dates, and locations, as well as information on how to book where necessary, and whether any fee applies. Additional events and activities can also be found online at [www.haringey.gov.uk/holiday-fun](http://www.haringey.gov.uk/holiday-fun). Have a great summer, and don't forget to share your highlights with us on social media using #IAMHaringey.

Cllr Mike Hakata

Cabinet Member for Environment, Transport and the Climate Emergency and Deputy Leader of the Council

Cllr Zena Brabazon

Cabinet Member for Early Years, Children and 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 2021

## Inclusion rating

**This year each of our activities will have a coloured rating of what level of support they can provide for their participants. If you/your young person needs additional support, please use the guide below to better identify what level of support activities can provide. If unsure, please contact the provider for more information.**

## Key: Inclusion

- Red:** We can support participants with low level needs who can manage themselves in large groups.
- Blue:** We can support individuals that need some additional support and can adapt the activity appropriately. The participant will be expected to take part independently for most of the activity.
- Green:** We can support individuals with higher levels of need, but cannot offer one to one support.
- Yellow:** We can support individuals with high levels of need and can offer tailored support to the participant.



# Foster Care Fortnight 2021



**Fostering changes lives, both for those being fostered and foster carers.**

- Offer a loving home in or near Haringey
- Receive generous allowances
- You can be single people or a couple

**GET IN TOUCH TODAY**



0208 489 3754



fosteringrecruitment  
@haringey.gov.uk

**Haringey**  
LONDON



## Arts

### Haringey Creates

#### All Ages

Haringey Creates supports creative entitlement for all children and young people. We will soon be launching our website where you will find additional activities taking place in our borough over the summer holidays.

**Date:** Contact for details

**Venues:** Various

**Just Turn up?** No

**Email:** hannah.newman@haringeyeducationpartnership.co.uk

**Visit:** www.haringeycreates.com

**Inclusion:** ●

### Music and Drama

#### 4 + years

A week of song, ukuleles, drama games, improvisation, screen acting & fun activities, with an end of week performance!

**Date:** 2-6 Aug, 10.30 am -3 pm

**Cost:** £175 full week, £131 sibling discount

**Venue:** Union Church & Community Centre

**Just turn up?** No

**Call:** 07979877833

**Email:** info@evergreenmusicanddrama.co.uk

**Inclusion:** ●

### Urban Forest

#### 6 - 10 years

We offer 3 outdoors sessions in art, craft sculpture and photography. We will work with a range of mediums such as clay, wood, willow, hazel. You can choose to work on one finished piece or learn a range of fun activities to develop further. Beginners welcome. Everyone is an artist at the Urban Forest Collective! Sessions will take place outdoors, or undercover if it's raining! Max number 8.

**Dates:** 26 July , 2 , 9 Aug

**Cost:** Free

**Venue:** Lordship Rec

**Just Turn Up?** No

**Email:** Info@urbanforestcollective.org

**Inclusion:** ●



## Summer Camp - Forest School

### 5 - 9 years

Activities include natural art, whittling, leaf printing, woodwork, clay, storytelling, mud painting, arts and crafts; making stick people, natural mobiles, jewellery and more. Learning about sustainability and life skills.

**Date:** 2 - 27 Aug, 10.30 am - 3.30 pm

**Cost:** £187.50 per week, childcare vouchers accepted

**Venue:** Coldfall Woods

**Just turn up?** No

**Visit:** [www.kidzkabin.com/forest-school/](http://www.kidzkabin.com/forest-school/)

**Email:** [linda@kidzkabin.com](mailto:linda@kidzkabin.com)

**Inclusion:** ●



## Summer Theatre - Haringey Shed

### 7 - 16 years

Create a play

**Date:** 2 -21 Aug

**Cost:** £60/week, £30 concession & bursary places available

**Venue:** Haringey Sixth Form Centre

**Just turn up?** No

**Email:** [info@haringeyshed.org](mailto:info@haringeyshed.org)

**Inclusion:** ●

## Week in the West End

### 8 - 13 years

Workshops with teachers direct from London's West End. Stage Academy presents an unforgettable experience focusing on a different West End musical or play every day with a new special guest teacher from London's West End and UK Tours every day too!

**Date:** 9 - 13 Aug, 10.15 am - 3.15 pm

**Cost:** Whole course £320 including your child's first Stage Academy T-Shirt. 10% off for readers of this booklet, use the code HARINGEY at checkout.

**Venue:** Highgate Primary School

**Just turn up?** No

**Call:** 0800 808 5327

**Visit:** [stageacademy.co.uk/holiday](http://stageacademy.co.uk/holiday)

**Email:** [contact@stageacademy.co.uk](mailto:contact@stageacademy.co.uk)

**Inclusion:** ●

## Wonderland! - Summer Holiday Course

### 4 - 8 years

Stage Academy's holiday camp, an exciting, high energy course combining fun drama activities, games, singing, dancing and the power of imagination into one life changing experience.

**Date:** 9 - 13 Aug

10 am - 3 pm

**Cost:** Whole course £320 including your child's first Stage Academy T-Shirt. 10% off for readers of this booklet, use the code HARINGEY at checkout.

**Venue:** Highgate Primary School

**Just turn up?** No

**Call:** 0800 808 5327

**Visit:** [stageacademy.co.uk/holiday](http://stageacademy.co.uk/holiday)

**Email:** [contact@stageacademy.co.uk](mailto:contact@stageacademy.co.uk)

**Inclusion:** ●



## Athletics



### Athletics Lordship Rec

#### 8 - 12 years

Female only athletics.

Our goal is to inspire and motivate the generation, to realise their full potential through participation in athletics and physical activity and never give up on a dream.

**Date:** Every Mon , Weds , Fri 26 July - 20 Aug.  
11 am - 12 noon

**Cost:** Free

**Venue:** Lordship Rec

**Just turn up?** No

**Email:** [info@dilimangement.com](mailto:info@dilimangement.com)

**Inclusion:** ●



## American Football

### Girls NFL Flag - HR Sports Academy

#### 12 - 18 years

Fun games and competitions, learn and develop skills and techniques. Prizes, refreshments and self care sessions available for participants.

**Date:** 26 July - 20 Aug. 1 - 4 pm

**Cost:** Free

**Venue:** New River Sport Centre and Makrfield Park

**Just turn up?** No

**Call:** 07903107217/07947530498

**Email:** [holidaycamps@hrsportsacademy.co.uk](mailto:holidaycamps@hrsportsacademy.co.uk)

**Visit:** [hrsportsacademy.co.uk/nflflag](https://hrsportsacademy.co.uk/nflflag)

**Inclusion:** ●

## Basketball

### Late Night Basketball

#### 14 + years

Basketball at Ducketts Common. All abilities welcome.

**Date:** 26 July - 27 Aug

7 - 9 pm

**Cost:** Free

**Venue:** Ducketts Common

**Just turn up?** Yes

**Call:** 07905 2500042

**Email:** [Get.Active@haringey.gov.uk](mailto:Get.Active@haringey.gov.uk)

**Inclusion:** ●



★★★★★  
'IRRESISTIBLY CHARMING'  
The Sunday Times

★★★★★  
'AN ABSOLUTE DELIGHT'  
Scotsman

# THE GRUFFALO

BASED ON THE PICTURE BOOK BY  
**JULIA DONALDSON** AND **AXEL SCHEFFLER**

ALEXANDRA  
PALACE

**FRI 30 JUL - SUN 29 AUG**

**BOOK ONLINE:**

**ALEXANDRAPALACE.COM**

## Basketball @ TPL

Late night basketball at Ducketts common.  
All abilities welcome

### All ages

**Date:** 26 July - 27 Aug, 1 - 3 pm

**Cost:** Free

**Venue:** Ducketts Common

**Just turn up?** Yes

**Call:** 07905 2500042

**Email:** Get.Active@haringey.gov.uk

**Inclusion:** ●

## Selby Basketball

### 12+ years

Fun inclusive basketball session delivered by Haringey Basketball Association. All abilities welcome.

**Date:** Every Fri 30 July - 27 Aug, 3.30 - 5 pm

**Cost:** Free

**Venue:** Selby Centre

**Just turn up?** No

**Call:** 07905 2500042

**Inclusion:** ●

## Boxing



## Female Boxing

### 12 + years

Female only boxing class

**Date:** Every Wed 7 July 0 25 Aug, 5 -6 pm

**Cost:** Free

**Venue:** Selby Centre

**Just turn up?** No

**Call:** 020 8885 5443

**Visit:** [www.selbyboxingclub.co.uk](http://www.selbyboxingclub.co.uk)

**Email:** [info@selbyboxingclub.co.uk](mailto:info@selbyboxingclub.co.uk)

**Inclusion:** ●



## London Boxing Academy

### 10 years +

Non contact boxing and supervision. Please contact to book in advance, spaces are limited. Session 1.30 - 2.30 pm for 10 - 14 years, session 2.45 - 3.45 pm for 14 years +

**Date:** Mon - Fri 26th July - 27 Aug, 1.30 - 3.45

**Cost:** Free

**Venue:** New River

**Just turn up?** No

**Email:** [chris@londonboxingacademy.co.uk](mailto:chris@londonboxingacademy.co.uk)

**Call:** 07838132091

**Inclusion:** ●



## Selby Boxing

Kids boxing camp fun by Selby Amateur Boxing.

**12 + years**

**Date:** Every Thurs, 29 July – 26 Aug, 4-5 pm

**Cost:** Free

**Venue:** Selby Centre

**Just turn up?** No

**Call:** 020 8885 5443

**Visit:** [www.selbyboxingclub.co.uk](http://www.selbyboxingclub.co.uk)

**Email:** [info@selbyboxingclub.co.uk](mailto:info@selbyboxingclub.co.uk)

**Inclusion:** ●

## Children Centres

## Baby Stay & Play – Baby Draw Day

**0 – 18 mths**

Baby foot and hand printing with paints and clay.

**Date:** 29 July, 9.30 – 11.30 am, 1 – 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●



## Baby Stay & Play – Baby Splash & Bubbles

**0 – 18 mths**

Lots of bubbles of all shapes and sizes. Explore and have fun with water play and natural materials.

**Date:** 5 Aug, 9.30 – 11.30 am, 1 – 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●

## Baby Stay & Play – Baby Paddle

**0 – 18 mths**

Enjoy our baby paddle along with ducks. Don't forget your towels & hats

**Date:** 12 Aug, 9.30 – 11.30 am, 1 – 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●

## Jumping Beans

### 12 mths - 5 years

Broadwaters Children's Centre Provision over the summer holidays. Song, dance & parachute games. Downhills meet by the park Cafe, Lordship Rec meet by the model traffic area.

**Date:** Every Tuesday, Downhills Park by the café, 10.30 - 11.30 am; Lordship Rec by the Model Traffic area, 2 - 3 pm

**Cost:** Free

**Venue:** Downhills Park & Lordship Rec

**Just turn up?** Yes

**Inclusion:** ●

## Muck Around Monday

### 0 - 5 years

Broadwaters Children's Centre Provision over the summer holidays. A stay and play session with messy play and songs & rhymes.

**Time:** 9.30 - 11 am

**Cost:** Free

**Venue:** Broadwaters Children's Centre

**Just turn up?** No

**Call:** 020 8885 8801

**Inclusion:** ●

## Sensory Superstars

### 0 - 12 mths

Broadwaters Children's Centre Provision over the summer holidays

**Date:** Every Monday & Friday, 1.30 - 3 pm

**Cost:** Free

**Venue:** Broadwaters Children's Centre

**Just turn up?** No

**Call:** 020 8885 8802

**Inclusion:** ●

## Stay and Play

### 0 - 5 years

Broadwaters Children Centre provision over the summer holidays. A fun stay and play group with songs and rhymes.

**Date:** Every Friday, 9.30 - 11 am

**Cost:** Free

**Venue:** Broadwaters Children's Centre

**Just turn up?** No

**Call:** 020 8885 8804

**Inclusion:** ●



## Stay & Play - Big Draw Day

### 0 - 5 years

Lots of fun and time to get messy with paints, chalks & crayons.

**Date:** 28 July, 9.30 - 11.30 am, 1 - 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●





**People Need Parks is an exciting new programme coming a park close to you.**

Activities include **dance, martial arts, walking football, cycling and much more.**

These sessions will be offered free to all residents in Haringey, with an aim of encouraging people who are less active, over 50s, girls and women, people with disabilities and BAME communities to get involved.

We hope you will find something for you to enjoy, plus help you and your family to become more active, meet new friends and enjoy our wonderful parks.

Some activities will require booking so please check the website (see link below) for details beforehand!

## OPENING OF THE NEW RICHARD HOPE SPACE

**SATURDAY 31 JULY**

Finsbury Park, 12 to 5pm

## WHICH PARKS?

Belmont	Lordship
Bruce Castle	Markfield
Chestnuts	Priory Park
Down Lane	Russell Park
Downhills	Stationers
Finsbury	Woodside
Hartington	White Hart Lane



To find out more visit:  
[www.haringey.gov.uk/people-need-parks](http://www.haringey.gov.uk/people-need-parks)

**Haringey**  
LONDON

## Stay & Play – Beach Day

### 0 - 5 years

Paddling fun, building sand castles, making palm trees and fruit kebabs at the Woodlands beach. Don't forget your towel & flip flops.

**Date:** 11 Aug, 9.30 - 11.30 am, 1 - 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●

## Stay & Play – Big Box Day

### 0 - 5 years

Have fun building and climbing in big boxes and creating junk models.

**Date:** 18 Aug, 9.30 - 11.30 am, 1 - 3 pm

**Cost:** Free

**Venue:** Woodlands Park Nursery School & Children's Centre

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●

## Stay & Play – Splash & Bubble Day

### 0 - 5 years

Enjoy making bubble mix and blowing bubbles of all shapes and sizes. Explore and have fun with water.

**Date:** 4 Aug, 9.30 - 11.30 am, 1 - 3 pm

**Cost:** Free

**Venue:** Woodlands Park

**Just turn up?** No

**Call:** 0208 802 0041

**Visit:** [www.woodlandspark-nur.haringey.sch.uk](http://www.woodlandspark-nur.haringey.sch.uk)

**Inclusion:** ●

## Triangle's Children Centre

### 0 - 5 years

A Children's Centre brings together a range of services for children under five and their families such as family support, child growth, family bonding, health and education

**Date:** 3 - 6, 10, 11, 13 Aug

**Cost:** Free

**Venue:** Various day trips out

**Just turn up?** No

**Call:** 079 2901 8393/075 808 23043

**Inclusion:** ●



## Park Lane Children's Centre

### 0 - 5 years

A Children's Centre brings together a range of services for children under five and their families such as family support, child growth, family bonding, health and education

**Date:** Mon - Fri, 26 July - 6 Aug

**Cost:** Free

**Venue:** Park Lane Children's Centre

**Just turn up?** No

**Call:** 079 7182 6490/078 7089 2037

**Inclusion:** ●

**HAS YOUR  
CHILD  
HAD THEIR  
VACCINES?**



**CHECK THEIR  
RED BOOK  
AND MAKE AN  
APPOINTMENT  
WITH THEIR GP  
TODAY IF THEY  
ARE DUE**



For more information about childhood  
vaccinations visit [www.haringey.gov.uk/  
childhood-vaccinations](http://www.haringey.gov.uk/childhood-vaccinations)

**Haringey**  
LONDON

## Woodside Children's Centre

### 0 - 5 years

A Children's Centre brings together a range of services for children under five and their families such as family support, child growth, family bonding, health and education

**Date:** Mon - Fri, 2 - 14 Aug

**Cost:** Free

**Venue:** Various day trips out

**Just turn up?** No

**Call:** 07966 158 554/07816 111 898

**Inclusion:** ●



## Cycling

### Ride Along

#### 18 mths +

Guided cycle sessions for adults, children and the whole family of all abilities. If you have a bike, bring it along, otherwise we are happy to arrange one for you.

**Date:** Check our website for details.

**Cost:** Free, donations welcome.

**Venue:** Please check our website for details

**Just turn up?** No

**Visit:** <https://wheelytots.com/>

**Inclusion:** ●

## Dance



## Dance Camp - HR Sports Academy

### 5 - 14 years

Explores different dances and stage presence. Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

**Date:** 26 July - 6 Aug, 9 am - 4 pm

**Cost:** Week £65 or Free for FSM

**Venue:** New River Sports Centre

**Just turn up?** No

**Call:** 07903107217/07947530498

**Email:** [hrrsportsacademy.co.uk](mailto:hrrsportsacademy.co.uk)

**Visit:** [hrrsportsacademy.co.uk](https://hrrsportsacademy.co.uk)

**Inclusion:** ●



## Street Dance

9 - 16 years

Introduction to street dance a powerful and graceful dance that challenges your body. Free-style dance and explores many genres of dance, with also improving stamina, flexibility, and confidence.

**Date:** Every Tue 27 July, 31 Aug.  
4.15 - 5.15pm

**Cost:** Free

**Venue:** The Lordship Hub

**Just turn up?** No

**Call:** 020 8885 5684

**Book:**

<https://forms.office.com/r/8y8cndbDWj>

**Inclusion:** ●



## Summer Dandiya

11 - 21 years

A fun filled 'Dandiya' dance session. Dandiya is a form of Indian folk dance. No experience necessary.

**Date:** Every Mon, 26 July - 23 Aug, 4.30 - 5.30 pm

**Cost:** £1 Donation

**Venue:** Wood Green Library

**Just turn up?** Yes

**Email:** Subodh [info@wisethoughts.org](mailto:info@wisethoughts.org)

**Inclusion:** ●

## Disability sessions



## Pedal Power

All ages

Cycling for people with learning disabilities, from moderate to profound needs catered to.

**Cost:** Free

**Venue:** Various

**Just turn up?** Yes

**Email:** [info@pedalpowercc.org](mailto:info@pedalpowercc.org)

**Call:** 0749 037 0347

**Book:** [https://www.pedalpowercc.org/?page\\_id=2827](https://www.pedalpowercc.org/?page_id=2827)

**Inclusion:** ●



## Summer Play Scheme - Markfield

### 6 - 16 years

A place for disabled children to play activities including: arts & crafts, cooking, music, football, basketball, trampoline, sensory & messy play. Soft play room, huge adventure playground, swings, slides and sandpit.

**Date:** Mon - Fri , 2 - 20 Aug, 10 am - 3 pm

**Cost:** Costs depend on individual children's needs and availability of short breaks funding.

**Venue:** Markfield Project

**Just turn up?** No

**Call:** 020 8667 5232

**Email:** [jseaden@markfield.org.uk](mailto:jseaden@markfield.org.uk)

**Inclusion:** ●

Football

## 2TR Brunswick

### 8+ years

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

**Date:** Mon - Fri , 26 July - 27 Aug, 12 - 2 pm

**Cost:** Free

**Venue:** Brunswick Park

**Just turn up?** Yes

**Call:** 07912 355883

**Inclusion:** ●

## 2TR Chestnuts Park

### 8+ years

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

**Date:** Mon - Fri , 26 July - 27 Aug, 3 - 5 pm

**Cost:** Free

**Venue:** Chestnuts Park

**Just turn up?** Yes

**Call:** 07912 355883

**Inclusion:** ●



## 2TR Hartington

### 8+ years

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

**Date:** Mon - Fri , 26 July - 27 Aug , 12 - 2 pm

**Cost:** Free

**Venue:** Hartington

**Just turn up?** Yes

**Call:** 07912 355883

**Inclusion:** ●



## Premier League Kicks Age 8-18 years

Afternoon and evening football sessions at various locations throughout the borough. We engage and develop young players through football, multi-sports, and education.



## Walking Football Age 40+ years

Free walking football sessions for both men and women delivered by staff from Tottenham Hotspur Foundation. Sessions range from taster competitive walking football activities, inclusive walking football drills and the opportunity to play tournaments with other teams across London



## Get fit and stay fit with Tottenham Hotspur Foundation

If you, your friends, neighbours, or work colleagues are interested in trying new sports and being more active - we want to hear from you!

[Thf.activities@tottenhamhotspur.com](mailto:Thf.activities@tottenhamhotspur.com)

## Girls Football

Age 5-18 years

Free Girls football sessions in Haringey. Players can come and learn new skills, make new friends, and get active!



**TOTTENHAM  
HOTSPUR  
FOUNDATION**  
**So Much More!**



## Shape Up With Spurs

Age 18+ years

A free programme delivered at community centres within the Tottenham area to promote health and wellbeing amongst local residents. We will support you to get fit, lose weight and meet some great people from our Shape Up community.

To learn more about what Tottenham Hotspur is delivering on its doorstep, visit

<https://www.tottenhamhotspur.com/the-club/passionate-about-tottenham>

# Do you have children?

## Top tips to keep them safe in WATER

- Teach your children **water safety** instructions
- Supervise your children in and around water
- **DO NOT** be distracted by your phone
- Be **ALERT** to ponds and pools when visiting other people's homes
- Take your **water safety** with you when you go to visit friends and family or on holiday
- Beaches can be busy and distracting. Stay together and keep an eye on your children at **all times**



At home babies and small children drown in the bath or in a garden pond or paddling pool

They can drown in just a few centimetres of water. Drowning happens silently

### In the GARDEN

Empty the paddling pool as soon as it has been used, then turn it upside down

Turn a pond into a sandpit or cover it while your children are little



Make sure your child cannot get to the neighbour's pond

Teach children and young people **water safety**

- to choose safe places to swim like public pools and beaches with lifeguards

Explain the dangers of swimming in open water

- strong currents, deep, cold water and things under the surface they cannot see



### In OPEN WATER or the SEA

Children and young people may think they are a stronger swimmer than they are or not understand the risks in the sea or open water

Teach children to swim between the red and yellow flags

- the areas patrolled by lifeguards

Do not use inflatables they can be swept out to sea when the wind is blowing

Swim in areas you know are safe and watch out for dangerous surf, tides and rip currents

### BATH TIME



Get everything you need ready before bath time. Stay with your baby or young child at **all times** when they are in the bath. **DO NOT** let young children or older children with medical conditions lock the door

Babies **SHOULD NOT** be left alone in a **BATH SEAT** as they can slip out

**DO NOT** ask your toddler to watch your baby while you pop out for a towel. It only takes seconds for a baby or child to drown

## 2TR Fairlands

### 8+ years

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

**Date:** Mon - Fri, 26 July - 27 Aug 3 - 5 pm

**Cost:** Free

**Venue:** Fairlands

**Just turn up?** Yes

**Call:** 07912 355884

**Inclusion:** ●



## Turn up & Play

### 5 -16 years

5 aside and 7aside football on quality ball courts.

**Date:** 26 July - 20 Aug Mon - Fri, 1 - 4 pm

**Cost:** Free

**Venue:** The Frederick Knight Sports Ground

**Just turn up?** Yes

**Email:** casport@btconnect.com

**Inclusion:** ●

## Football Camp - HR Sports Academy

### 5 - 14 years

Football coaching for boys & girls. Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

**Date:** 26 July - 20 Aug, 9 am - 4 pm

**Cost:** £65 / week or Free for FSM

**Venue:** New River Sports Centre & Markfield Park

**Just turn up?** No

**Call:** 07903107217/07947530498

**Email:**

holidaycamps@hrsportsacademy.co.uk

**Visit:** hrsportsacademy.co.uk

**Inclusion:** ●

## Summer Term Football

### 6 - 15 years

Community participation for children and young people to play football.

**Date:** Tues, Thurs 7 June - 23 July, 10 am - 12 pm

**Cost:** Free

**Venue:** Down Lane Recreation Ground

**Just turn up?** No

**Call:** 07835866008

**Email:** ccrfc@hotmail.com

**Inclusion:** ●



# HARINGEY HOLIDAY ACTIVITY AND FOOD (HAF) PROGRAMME

**Haringey is offering a range of HAF clubs over the summer holiday.**

**All HAF clubs are completely free for young people who are eligible for benefits based free school meals during the holidays.**

Clubs will be run by locally trusted organisations, offering a range of physical and enrichment activities and a tasty nutritious lunch for children across Haringey.

Ensuring they have a fun and active summer holiday.

To book a place or for more information visit

**[www.haringey.gov.uk/haf](http://www.haringey.gov.uk/haf)**

Alternatively, you can contact

**HAFProgramme**

**@haringey.gov.uk**



**Haringey**  
LONDON

## Tottenham Hotspur Foundation - Summer Roadshow

### 11 - 15 years

Fun and engaging football activity for boys and girls to encourage teamwork and development of skills at various locations across the borough.

**Date:** Various between 26 July - 28 Aug, 10 am – 2pm

**Cost:** free

**Venue:** Various

**Just Turn Up?** No

**Book:** Foundation@tottenhamhotspur.com

**Email:** omari.chambers-alert@tottenhamhotspur.com

**Inclusion:** ●

## Tottenham Hotspur Foundation - Summer Roadshow

### 10 – 15 years

Football camp for boys and girls with element of health and fitness to help players enhance physical aspects of their game as well as developing their skills.

**Date:** 2 , 3rd Aug , 10am – 2 pm

**Cost:** free

**Venue:** Tottenham Power League

**Just Turn Up?** No

**Book:** Foundation@tottenhamhotspur.com

**Email:** omari.chambers-alert@tottenhamhotspur.com

**Inclusion:** ●

## Tottenham Hotspur Foundation – Girls: Level Up

### 14 – 18 years

Football camp for girls with element of health and fitness to help players enhance physical aspects of their game as well as developing their skills.

**Date:** 26 July, 2 , 9 , 16 , 23 Aug 4 – 6pm

**Cost:** Free

**Venue:** New River Sports Centre

**Just Turn Up?** No

**Book:** Foundation@tottenhamhotspur.com

**Email:** omari.chambers-alert@tottenhamhotspur.com

**Inclusion:** ●

## Tottenham Hotspur Foundation – Boys: Level Up

### 14 – 18 years

Football camp for boys with element of health and fitness to help players enhance physical aspects of their game as well as developing their skills.

**Date:** 26 July, 2 , 9 , 16 , 23 Aug 4 – 6 pm

**Cost:** Free

**Venue:** New River Sports Centre

**Just Turn Up?** No

**Book:** Foundation@tottenhamhotspur.com

**Email:** omari.chambers-alert@tottenhamhotspur.com

**Inclusion:** ●

## Tottenham Hotspur Foundation Virtual Shape Up with Spurs

**18 years +**

Shape Up with Spurs are FREE community exercise classes. The sessions are designed to be inclusive and fun for everyone, but do not be fooled into thinking they might be easy! At the classes you will meet our fantastic coaches and other members of our Shape Up community.

**Dates:** Mon – Fri

Timetable provided upon registering

**Cost:** Free

**Venue:** Tottenham Hotspur Stadium

**Just Turn Up?** No

**Email:** adam.millar@tottenhamhotspur.com

**Call:** 07392091327

**Inclusion:** ●

## Tottenham Hotspur Foundation Virtual Shape Up with Spurs

**18 years +**

Join us at Shape Up and gain access to free weekly sessions such as Yoga, Boxercise, Weights Classes, Interval Circuits and much more! Our classes are inclusive for all no matter what your current ability, everyone is welcome!

**Dates:** Mon – Fri

Timetable provided upon registering

**Cost:** Free

**Platform:** Zoom

**Just Turn Up?** No

**Email:** adam.millar@tottenhamhotspur.com

**Call:** 07392091327

**Inclusion:** ●



## Tottenham Hotspur Foundation Football and Multi - Sport Camp

**8 – 12 years**

THF Football and multi - sports camp will take place at New River, throughout the day participants will take part in different sports, all sports will encourage teamwork.

Sports to be offered - Football, Handball, Cricket, Tennis and other fundamental activities to support participants development.

**Date:** 26 – 28 July , 2 – 6 , 9 – 13 , 16 – 20 Aug, 10am – 2pm

**Cost:** Free

**Venue:** New River Sports Centre

**Just Turn Up?** No

**Book:**

Foundation@tottenhamhotspur.com

**Email:** chris.gillman@tottenhamhotspur.com

**Inclusion:** ●

## Limitless Sports Football Club

### 3 - 14 years

Limitless Sports F.C has programmes available for children and young people of all abilities & genders to join our family of football!

**Date:** Ongoing; Sundays, 12noon -1pm (3 - 5yrs, 6 years +); Fridays, 5 - 6pm (6+yrs)  
Wed, Fri & Sat (football club)

**Cost:** Free Trial session

**Venue:** 3-5 yrs: Tottenham Community Sports Centre  
6+ yrs: New River Sports Centre

**Just turn up?** No

**Call:** 07957993402

**Email:** [info@lsmgmt.co.uk](mailto:info@lsmgmt.co.uk)

**Visit:** [www.lsmgmt.co.uk](http://www.lsmgmt.co.uk)

## Leisure centres



## Fun and floats

### All

General Swim alongside floats and toys.

**Date:** Mon - Fri , Various Times

**Cost:** £5.00 Adult , £1 Child

**Venue:** Tottenham Green Pools & Fitness and Park Road Pool and Fitness

**Just turn up?** Yes

**Call:** Tottenham 020 8341 3567 , Park Road 020 8885 7300

**Book:** [www.fusion-lifestyle.com/contracts/haringey](http://www.fusion-lifestyle.com/contracts/haringey)

**Inclusion:** ●

## Soft Play

### 0 - 7 years

Soft Play Area for babies and children.

**Date:** Weekdays , Various Times

**Cost:** £4.20

**Venue:** Tottenham Green Pools & Fitness & Park Road Pool and Fitness

**Just turn up?** Yes

**Call:** Tottenham 020 8341 3567 , Park Road 020 8885 7300

**Book:** [www.fusion-lifestyle.com/contracts/haringey](http://www.fusion-lifestyle.com/contracts/haringey)

**Inclusion:** ●

## Slide sessions

### 8+ years

Fun for all on the slides

**Date:** Mon - Fri , Various Times

**Cost:** £5.00 Adult , £1 Child

**Venue:** Tottenham Green Pools & Fitness

**Just turn up?** Yes

**Email:** [tgic-sales@fusion-lifestyle.com](mailto:tgic-sales@fusion-lifestyle.com)

**Call:** 020 8885 7300

**Visit:** [www.fusion-lifestyle.com/contracts/haringey](http://www.fusion-lifestyle.com/contracts/haringey)

**Inclusion:** ●

**£1 Swims for all under 16s**  
(excluding Lido) **Adults £5** Checkout  
Concessions [www.haringey.gov.uk/concessionary-memberships](http://www.haringey.gov.uk/concessionary-memberships)

## Gymnastics



### YMCA Gymnastics Camp

**5 - 12 years**

Concentrates on disciplines of vault, beam, bars, sprung floor and inflatable tumble track. Building skills such as balance, strength and flexibility.

**Date:** Mon - Fri 26 July - 3 Sept, 10am - 3.45pm

**Cost:** See website for details, concessions available.

**Venue:** The Harringay Club

**Just turn up?** No

**Email:** [hc.bookings@ymcanorthlondon.org.uk](mailto:hc.bookings@ymcanorthlondon.org.uk)

**Call:** 020 8348 2124

**Visit:** [ymcanorthlondon.org.uk](http://ymcanorthlondon.org.uk)

**Inclusion:** ●

## Multi-activity camp

### Bruce Castle Park Dalmage Active Multi Sports

**6 - 15 years**

Come and enjoy weeks of exciting sporting activities. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis, Rounders, Athletics and much more.

**Date:** Mon - Thur, 26 July - 27 Aug, 1 - 3pm

**Cost:** Free

**Venue:** Bruce Castle Park

**Just turn up?** Yes

**Call:** 07946 257245

**Instagram:** @dalmageactive

**Inclusion:** ●

### Downhills Park Dalmage Active Multi Sports

**6 - 15 years**

Come and enjoy weeks of exciting sporting activities. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis, Rounders, Athletics and much more.

**Date:** Mon - Fri 26 July - 27 Aug, 1.30 - 3.30 pm

**Cost:** Free

**Venue:** Downhills Park

**Just turn up?** Yes

**Call:** 07946 257245

**Instagram:** @dalmageactive

**Inclusion:** ●



## Girls Get Active

### 6 - 11 years

A fun safe female only camp to make new friends and learn new skills, with wide variety of sports on offer.

**Date:** 26 - 29 July, 2 - 5 Aug, 10 am - 12 pm

**Cost:** Free

**Venue:** Finsbury Park Athletics Track

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●



## Global Football Academy Holiday Camp

### 5 - 12 years

Football and Multi Activities

**Date:** Mon - Fri 2 - 27 Aug, 9.30am - 3.30 pm

**Cost:** £35/day, £150/week

**Venue:** Coldfall Primary School

**Just turn up?** No

**Call:** 07885567039

**Visit:** [globalfootball.academy](http://globalfootball.academy)

**Inclusion:** ●

## Multi Sports Camp - HR Sports Academy

### 5 - 14 years

Fun games and competitions is a wide range of sports. Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

**Date:** 26 July - 20 Aug, 9 am - 4 pm

**Cost:** Week £65 or Free for FSM

**Venue:** New River Sports Centre & Markfield Park MUGA

**Just turn up?** No

**Call:** 07903107217/07947530498

**Email:** [holidaycamps@hrsportsacademy.co.uk](mailto:holidaycamps@hrsportsacademy.co.uk)

**Visit:** [hrsportsacademy.co.uk](http://hrsportsacademy.co.uk)

**Inclusion:** ●

## Kids Space - Summer Holiday Club

### 4 - 11 years

Activities include, Football, Basketball and other ball games. Cooking club, Dance, Film Club, Arts & Crafts, Day Trips. Learn new skills and making new friends. A healthy breakfast and afternoon snack are provided.

**Date:** 26 July - 20 Aug, 8am - 5.30 pm

**Cost:** £25 /day

**Venue:** Alexandra Primary School

**Just turn up?** No

**Call:** 079215 26877

**Inclusion:** ●

## Living Under One Sun

### All ages

Fun family activities run in Down Lane Park, @ Living under one sun Café. Choose from 6 activities a day, sessions are booked individually. Free lunch provided.

**Date:** Wed - Fri , 28 July - 27 Aug,  
10.30 am - 4.30 pm

**Cost:** Free

**Venue:** Down Lane Park

**Just turn up?** No

**Email:** [comms@livingunderonesun.co.uk](mailto:comms@livingunderonesun.co.uk)

**Inclusion:** ●

## Multi - Sports

### 6 - 7 years

A fun safe place to make new friends and learn new skills, with a wide range of variety of sports on offer.

**Date:** 26 - 29 July , 2 - 5 Aug, 10 am - 12 pm

**Cost:** Free

**Venue:** Finsbury Park Athletics Track

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●



## Multi - Sports

### 8 - 11 years

A fun safe place to make new friends and learn new skills, with a wide range of sports on offer.

**Date:** Mon - Fri 26 July - 26 Aug, 10am - 3.30 pm

**Cost:** Free

**Venue:** Finsbury Park Athletics Track

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Multi Sports Summer Camp

### 8 - 16 years

Fun inclusive multi sports camp at Broadwater Community Centre

**Date:** Mon - Fri 26 July - 20 Aug, 10am - 12 pm , 1 - 3 pm

**Cost:** Free

**Venue:** Broadwater Farm Community Centre

**Just turn up?** No

**Email:** [info@londonelite.org](mailto:info@londonelite.org)

**Call:** 07832 111 936

## Sam's Sports Solution

### 4 - 11 years

Interactive, engaging and enjoyable holiday camp. Children are grouped by age to enjoy fun activities whilst learning new skills, making friends and building confidence.

**Date:** 26 July - 20 Aug , 9.30am - 3.30 pm

**Cost:** £25 / day , £115 / week , sibling discount available

**Venue:** Priory Park

**Just Turn Up?** No

**Book:** [www.sams-sports-solutions.com](http://www.sams-sports-solutions.com)

**Inclusion:** ●

## Project 2020 - Summer Activities

### 10 - 19 years

Activities include: trips, music workshops, cooking club, arts & crafts, bike maintenance workshops, competitions, outdoor fun, pool, table tennis, air hockey, PlayStation and more.

**Date:** Wed - Fri 4 - 27 Aug, 12 - 6pm

**Cost:** Free

**Venue:** Project 2020  
Ground Floor, Kenneth Robbins House

**Just turn up?** Yes

**Call:** 07790 379194/07816 119889

**Email:**  
Project2020@homesforharingey.org

**Inclusion:** ●

## Somerford Grove Multi Sports

### 6 - 15 years

Come and enjoy weeks of exciting sporting activities. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis, Rounders, Athletics and much more.

**Date:** Mon - Fri, 26 July - 27 Aug,  
11am - 1pm

**Cost:** Free

**Venue:** Somerford Grove

**Just turn up?** No

**Call:** 07946 257245

**Instagram:** @dalmageactive

**Inclusion:** ●

## Sports Academy

### 12 - 16 years

A fun safe place to make new friends and learn new skills, with a wide range of variety of sports on offer.

**Date:** 26 July - 26 Aug, 10 am - 12.30 pm & 1pm - 3 pm

**Cost:** Free

**Venue:** Finsbury Park Basketball Courts

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Summer Holiday Camp

### 4 - 11 years

Our Holiday camps are interactive, which children finds engaging and enjoyable as well as competitive. Children are grouped by age to enjoy active games and activities, specifically chosen to turn up the fun whilst giving them the chance to learn new skills, make friends and build confidence!

**Date:** 26 July - 20 Aug, 9.30 am - 3 pm

**Cost:** £25 / day , £115 / week, Sibling discount available

**Venue:** Priory Park

**Just turn up?** No

**Call:** 07398 764 883 / 07965 298 495

**Email:** [sssoulutions-ltd@hotmail.com](mailto:sssoulutions-ltd@hotmail.com)

**Inclusion:** ●

## Thru Life

### 12 + years

Fun football and fitness sessions to bring out the quality in young people through different positive learning outcomes.

**Date:** Mon - Fri 26 July - 27 Aug,  
6.30 - 8.30pm

**Cost:** Free

**Venue:** Ferry Lane

**Just turn up?** No

**Email:** [admin@thru.life](mailto:admin@thru.life)

**Call:** 0744 854718

**Inclusion:** ●



## Tottenham Hotspur Foundation Football and Multi - Sport Camp

**8 – 12 years**

THF Football and multi - sports camp will take place at New River, throughout the day participants will take part in different sports, all sports will encourage teamwork.

Sports to be offered - Football, Handball, Cricket, Tennis and other fundamental activities to support participants development.

**Date:** 26 – 28 July, 2 – 6, 9 – 13, 16 – 20 Aug  
10 am – 2pm

**Cost:** Free

**Venue:** New River Sports Centre

**Just Turn Up?** No

**Book:** [Foundation@tottenhamhotspur.com](mailto:Foundation@tottenhamhotspur.com)

**Email:** [chris.gillman@tottenhamhotspur.com](mailto:chris.gillman@tottenhamhotspur.com)

**Inclusion:** ●

## Orienteering

### Xplorer

**8 + years**

Orienteering challenge that helps children to use both mind and body. Completing a route by walking, using a wheelchair, running, or cycling. Programme runs during the school holidays and take place in various parks in Haringey.

**Date:** 26 July - 14 Aug

Markfield: Mon 2 – 4 pm

Down Lane: Wed 2 – 4 pm

Priory Park: Thurs 11 am – 1 pm

Lordship Rec: Thurs 2 – 4 pm

Finsbury Park: Fri 2 – 4 pm

Bruce Castle: Sat 2 – 4 pm

**Cost:** Free

**Venue:** Various

**Just turn up?** Yes

**Call:** 07971 113 463

**Email:** [Get.Active@haringey.gov.uk](mailto:Get.Active@haringey.gov.uk)

**Inclusion:** ●

## Parkour

### Parkour Generations

#### 14 - 25 years

Outdoor classes, open to all levels of ability and experience, so whether you're just starting out or want to take your abilities to the next level, please join in.

**Date:** Every Thurs 29 July - 26 Aug, 12 - 1.45 pm

**Cost:** Free

**Venue:** The Lordship Hub

**Just turn up?** No

**Call:** 0208 885 5684

**Email:** [Debra@lordshiphub.org.uk](mailto:Debra@lordshiphub.org.uk)

**Book:** <https://forms.office.com/r/8y8cndbDWj>

**Inclusion:** ●

## Play

### Chess

#### All ages

Learn, play and enjoy the wonderful game of chess

**Date:** Every Tues, Thurs 2 - 31 Aug, 10.30 am - 3.30 pm

**Cost:** Free

**Venue:** Finsbury Park cafe.

**Just turn up?** Yes

**Call:** 07941818617

**Email:** [richard@chessinschools.co.uk](mailto:richard@chessinschools.co.uk)

**Inclusion:** ●

## Somerford Grove Adventure Playground - HarPA

#### 5 - 15 years

Free play, climbing, jumping, sliding, sand pit, camp fire, messy & wet play and lunches provided on request.

**Date:** 26 July - 27 Aug

Families: Mon - Fri 10am - 1pm & Sat 10am - 4pm

Children & Young People only:

Mon - Fri 1.30 - 5pm

**Cost:** Free

**Venue:** Somerford Grove Adventure Playground

**Just turn up?** No

**Call:** 07807100189

**Email:** [sereena@haringey-play.org.uk](mailto:sereena@haringey-play.org.uk)

**Inclusion:** ●

## YMCA Summer Playscheme

#### 4 - 12 years

Trips, Arts & Crafts, Active Games, Cooking, plus more

**Date:** 26 July - 27 Aug, 8.30 am - 6 pm

**Cost:** See website for details

**Venue:** Rokesly Junior School

**Just turn up?** No

**Call:** 020 8348 6088

**Email:** [andre.rodney@ymcanorthlondon.org.uk](mailto:andre.rodney@ymcanorthlondon.org.uk) or

**Visit:** [www.ymcanorthlondon.org.uk](http://www.ymcanorthlondon.org.uk)

**Inclusion:** ●



## The Sandbunker Play & Youth Project - HarPA

### 6 - 15 years

Sessions include free play, crafts, pool table, games and hang out with your friends!

**Date:** 6, 13, 20 Aug, 1 - 5 pm

**Cost:** Free

**Venue:** The Sandbunker Community Centre

**Just turn up?** Yes

**Call:** 07807 100 189

**Email:** Sereena@haringey-play.org.uk

**Inclusion:** ●

## Roller skating



## Casual Roller Skating

### 5 - 14 years

Latest music. Skates provided or you can bring your own.

**Date:** Every Tues, Weds, Thurs 27 July - 19 Aug, 1.30 - 3pm & 3 - 4.30pm

**Cost:** £2

**Venue:** Tottenham Community Sports Centre

**Just turn up?** No

**Email:** casport@btconnect.com

**Call:** 07519 249265

**Inclusion:** ●

## Self Defence/Martial Arts



## Girls and Women

### 11 - 24 years

Learn & practice a range of Self Defence techniques, how to identify and avoid risky situation.

**Date:** Every Tues 27 July & 31 Aug, 5.15 - 6.15 pm

**Cost:** Free

**Venue:** The Lordship Hub

**Just turn up?** No

**Call:** 020 8885 56784

**Email:** Debra@lordshiphub.org.uk

**Inclusion:** ●

## Martial Arts

### 6 - 11 years

Non contact Martial Arts, teaching techniques and fitness.

**Date:** Mon, Weds, Fri 26 July - 20 Aug, 11am - 12.30 pm

**Cost:** Free

**Venue:** Tottenham Community Sport Centre

**Just turn up?** Yes

**Email:** esmond.francis@btinternet.com

**Call:** 07399 028 633

**Inclusion:** ●

## 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.

**Date:** 28 July - 14 Aug, 2 - 3 pm

**Cost:** Free

**Venue:** Hornsey School

**Just turn up?** No

**Email:** [anita@sanjurotrainingsystems.com](mailto:anita@sanjurotrainingsystems.com)

**Inclusion:** ●

## Tennis



## Family time Tennis

### 5-19 years

Free court bookings (hourly slots) | Equipment provided.

**Date:** 26 July - 26 Aug, 1 - 4 pm

**Cost:** FREE

**Venue:** Finsbury Park Tennis Courts

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Tennis

### 6 - 7 years

A chance to try out tennis and learn new skills while making friends

**Date:** 26 July - 26 Aug, 9 am - 10 am

**Cost:** FREE

**Venue:** Finsbury Park Tennis Courts

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Tennis

### 8 - 10 years

A chance to try out tennis and learn new skills while making friends

**Date:** 26 July - 26 Aug, 10am - 11am

**Cost:** FREE

**Venue:** Finsbury Park Tennis Courts

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Tennis

### 11 - 16 years

A chance to try out tennis and learn new skills while making friends

**Date:** 26 July - 26 Aug, 11 am - 12 pm

**Cost:** FREE

**Venue:** Finsbury Park Tennis Courts

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●

## Yoga

### Summer Yoga

#### 11 - 21 years

Fun filled sessions that helps you stretch and flex. Just bring a matt

**Date:** Every Wed , 28 July - 25 Aug

2.30 - 3.30 pm

**Cost:** £1 donation

**Venue:** Wood Green Library

**Just turn up?** Yes

**Email:** Subodh info@wisethoughts.org

**Inclusion:** ●

## Other

### Bruce Castle Museum – Self Led Family Tree Trail

#### 4 - 12 years

Explore the great outdoors and discover more about Bruce Castle Park with our Family Tree Trail. See what 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 the Tree Trail at [www.haringey.gov.uk/activities](http://www.haringey.gov.uk/activities).

**Venue:** Bruce Castle Museum and Park

**Date:** Ongoing

**Cost:** Free

**Venue:** Bruce Castle Museum and Park

**Just turn up?** Yes

**Email:** [museum.services@haringey.gov.uk](mailto:museum.services@haringey.gov.uk)

**Call:** 020 8489 4250

**Inclusion:** ●

## Get Out Get Active with JL Circus

### All ages

Fun packed day of different Get Out, Get Active activities free to try. Activities are open to everyone of all abilities. No matter what your interest or ability, GOGA has something to challenge you.

**Date:** 24 July , 7 Aug , 4 Sept, 12 - 4 pm

**Cost:** Free

**Venue:** Tottenham Hotspur Stadium 24 July  
Wood Green Station 7 Aug ,  
Wood Green Mall 4 Sept

**Just turn up?** Yes

**Email:** [Get.active@haringey.gov.uk](mailto:Get.active@haringey.gov.uk)

**Inclusion:** ●

### JL Circus and Collage Voices present: Summer Stories

#### 8-18 years

We're bringing together professional circus, movement and sound artists to work with participants to create a show in 7 days. Young people will get the opportunity to try out impressive circus tricks, choreograph movement, design a soundtrack, and showcase their incredible work to friends and family at the end of summer.

**Date:** 18 - 20 & 25th -28 Aug , 10 am - 4 pm

**Cost:** Free

**Venue:** McQueens Theatre

**Just turn up?** No

**Call:** 07732703960

**Email:** [holly.w@jacksonslane.org.uk](mailto:holly.w@jacksonslane.org.uk)

**Inclusion:** ●

# Sports Leaders Level 2

## 15 - 19 years

The Level 2 Award is a nationally recognised qualification that enables successful candidates to independently lead small groups of people in sport and recreational activities.

**Date:** 26 - 30 July, 10 am - 4 pm

**Cost:** Free

**Venue:** Finsbury Park Athletics Track

**Just turn up?** No

**Visit:** [www.accesstosports.org.uk/bookings](http://www.accesstosports.org.uk/bookings)

**Inclusion:** ●



See you all there!

### Haringey Park Tennis

Join us for our free fun inclusive tennis sessions the summer. Learn all the skills you need to be the best from our fully qualified LTA coaches. All abilities welcome. Sessions will take place in several parks across Haringey and delivered by Georgians Tennis Club. Please book on in advance to avoid disappointment. All sessions are subject to Covid guidelines and delivered in the safest possible environment.

Book: [parks@georgiansclub.com](mailto:parks@georgiansclub.com)

Visit: <https://clubspark.lta.org.uk/GeorgiansTennisinthePark/Events>

Monday to Friday  
9 to 27 August

Park	Age	Time
<b>DOWNHILLS PARK</b>	5 – 8 years	10 – 11 am
	9 – 12 years	11 am – 12 pm
<b>DOWN LANE PARK</b>	5 – 8 years	1 – 2 pm
	9 – 12 years	2 – 3 pm
<b>PRIORY PARK</b> (Please note Thursday sessions move to the afternoon)	5 – 8 years	10 – 11 am
	9 – 12 years	11 am – 12 pm
<b>STATIONERS PARK</b> (Please note Thursday sessions move to the morning)	5 – 8 years	1 – 2 pm
	9 – 12 years	2 – 3 pm



# Bruce Grove Youth Space Information



## Youth Space

### All sessions are free.

**For ages 10 to 19  
(up to 25 if SEND).**

#### 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 visit the centre and join in a wide range of activities, which helps to build strong connections within a positive community.

#### What we offer

An inclusive environment, fun activities including sports, gaming, creative outlets – dance, music, drama, and most importantly an environment where you will be supported by our staff and volunteers.

#### How to book?

Enjoy our Legendary free summer programme from Monday 26 July to Thursday 2 September. Check out our timetable online and book your place at [www.youthspace.haringey.gov.uk](http://www.youthspace.haringey.gov.uk). First come, first served!

So don't miss out on six weeks of fun every Monday to Thursday from 1pm to 9pm where parents are not allowed to stay in the building.

#### Activities

Football, Boxing, Yoga, Music Production, Cooking, Robot Building, Radio Presenting, Table Tennis, Photography, Personal Training, Beauty, Gardening, Swimming, Skateboarding, Dodgeball, Basketball, Vocal Lessons, Sewing, Podcasting, Self Defence (able and SEND), Film making, Chess, Customise, Comic production, Artist Development, T-Shirt Printing with Fabric Paints and much more... visit our website!

#### Covid-19

- Your safety is important to us, 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 visitors will be asked to sanitise their hands upon entry and at regular intervals throughout the day.
- Please respect the on-site social distancing measures





# Venues Directory

## **Alexandra Primary School**

Western Road, N22 6UH

## **Broadwater Farm Children Centre**

Adams Road N17 6HE

## **Broadwater Farm Community Centre**

Adams Road, N17 6HE

## **Bruce Castle Museum**

Lordship Lane, N17 8NU

## **Bruce Grove Youth Space**

10 Bruce Grove, N17 6RA

## **Brunswick Park**

South Tottenham N15 5ES

## **Chestnuts Park**

St Ann's Road N15

## **Coldfall Primary School**

Coldfall Avenue, N10 1HS

## **Coldfall Woods**

Creighton Avenue, N10

## **Downhills Park**

Downhills Park Rd West Green N17 6PE

## **Down Lane Park**

Park View Rd N17 9AU

## **Ducketts Common**

N15 3DX

## **Fairlands Park**

Fairfax Road, N8 0NH

## **Ferry Lane**

N17 9NF

## **Finsbury Park**

N4 2JT

## **Fredrick Knights Sports Ground**

Willoughby Lane, N17 0SL

## **Gladesmore Community School**

Crowland Road, E15 6EB

## **Haringey 6th Form College**

White Hart Lane, N17 8HR

## **Hartington Park**

Stirling Rd Tottenham N17 9UN

## **Highgate Primary School**

Stoney Road, N6 4ED

## **Hornsey School for Girls**

Inderwick Rd Crouch End N8 9JF

## **Lordship - Hub & Recreation Ground**

Higham Road, N17 6NU

## **Markfield Park**

Crowland Road, N15 6UL

## **Markfield Project**

Markfield Road, N15 4RB

## **McQueens Theatre**

Coburg Road, N22 6UJ

## **New River Sports Centre**

White Hart Lane Wood Green N22 5QW

## **North London YMCA**

Tottenham, Lane N8 8SG

## **Park Lane Children's Centre**

Park Lane, N17 0HB

## **Priory Park**

Middle Lane Crouch End N8 8LJ

## **Project 2020**

Kenneth Robbins House, Northumberland Grove, N17 0QA

## **Somerford Grove Adventure Playground**

Park Lane Close N17 0HL

## **Union Church & Community Centre**

Weston Road, N8 9PX

## **Rokesby Junior School**

Rokesby Avenue, N8 8NH

## **Sandbunker Community Centre**

The Sandlings, N22 6XS

## **The Selby Centre**

Selby Road, London N17 8JL

## **Tottenham Community Sport Centre**

701-703 High Rd Tottenham N17 8AD

## **Tottenham Green Pools & Fitness**

Phillip Lane, N15 4JA

## **Tottenham Hotspur Stadium**

High Road, N17 0BX

## **Tottenham Power League**

Willoughby Lane, N17 0SL

## **Wood Green Library**

High Road, N22 6XB

## **Woodlands Park Nursery School & Childrens Centre**

Woodlands Park, Road N15