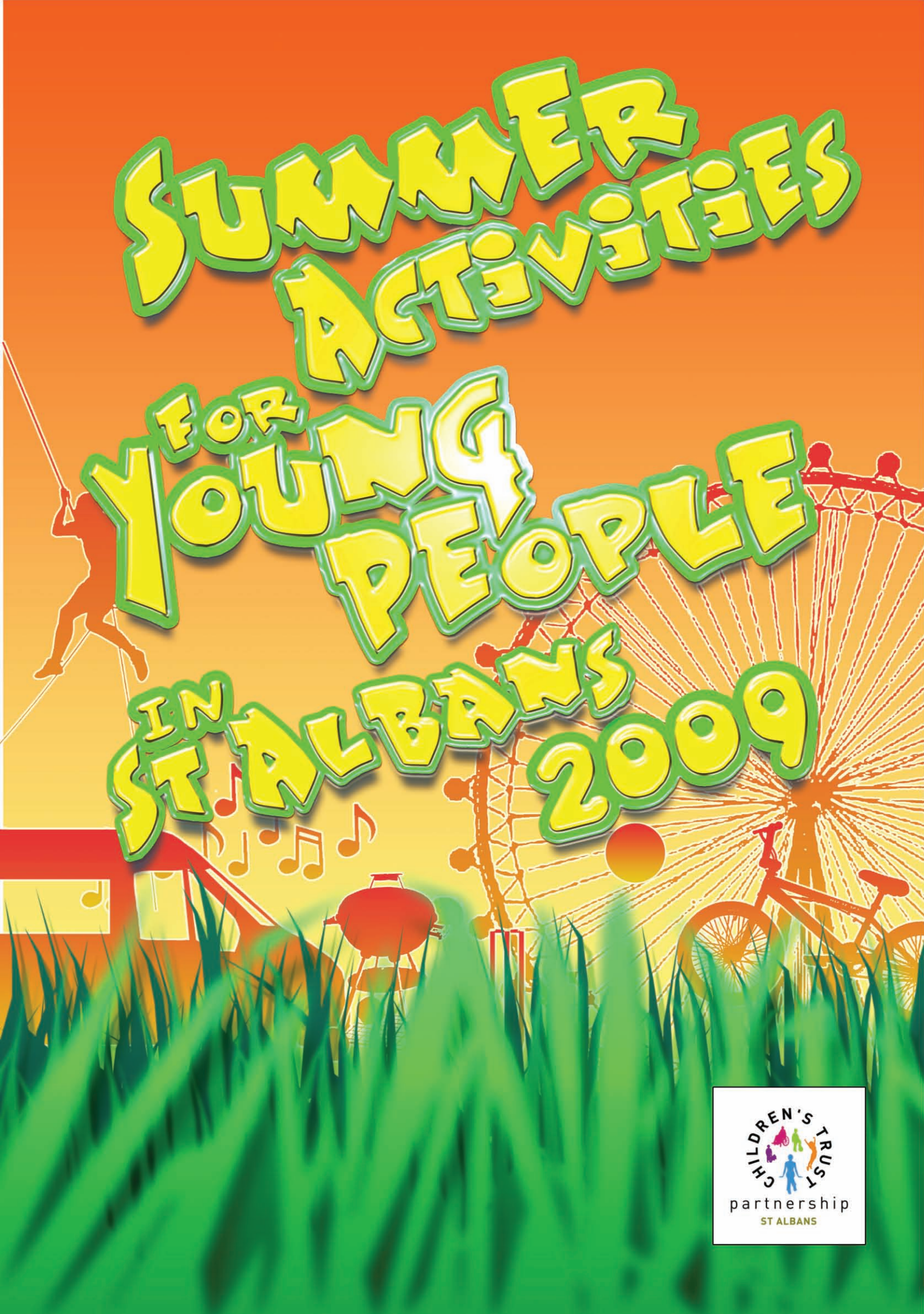


SUMMER ACTIVITIES

FOR YOUNG PEOPLE

IN ST ALBANS 2009



TRIPS

Duck Tours! - Amphibious Bus! In London

Fancy a tour of London? One minute on land, the next on the Thames without ever leaving your seat? This tour uses vehicles that are based on the amphibious DUKWs used to take troops ashore for the D-Day landings.

29th August: 11am - 3pm

For 13-19 year olds, £10 per person
25 places available per day
Transport provided - collection & drop-off in St Albans
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.org.uk

Go Ape! - Adventure Day At Wendover Woods

An exciting and challenging high ropes course set up in the trees including rope bridges, swings, tunnels, a 140 metre zip wire and much more.

Saturday 18th July: 1pm-8pm

For 13-19 year olds, £15 per person
30 places available
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

Narrow Boat Day Trips On the Grand Union Canal

Have a break from all the madness of the summer. Enjoy a relaxing day on the Grand Union Canal and have a go at driving a 70ft narrow boat!

**Sun 2nd August or Sun 9th August:
10am-3pm**

For 13-19 year olds, £1 per person
10 available places per day
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

Outdoor Adventure

At Herts Young Mariners Base, Cheshunt

A chance to take part in activities like caving, canoeing, and kayaking. Try them all!

30th July: 9am - 4.30pm

For 11-16 year olds, £5 per person
10 places available
Info: Shelley Taylor 01727 821639
base184@yahoo.co.uk

London Day Trip

With The Base, London Colney

Take a trip with us to London to visit the Science Museum, Covent Garden and Pizza Hut for lunch.

12th August: 9.30am - 6pm

For 11-15 year olds, £5 per person
12 places available
Info: Shelley Taylor 01727 821639
base184@yahoo.co.uk

Leadership Skills Course OCN Level 1

Identify & hone your leadership qualities & skills in an action packed 3 day weekend at an outward bound centre.

3 day residential in July or August

For 15-21 year olds, no cost, transport included
Info: Pro-Action 01707 276859
training@pro-actionherts.org

MULTI-ACTIVITIES

Ignition!

At Parish Hall, Wheathampstead

Following the success of last summer 'Ignition' is back with street dance, tae-kwon-do, sumo suits, football, tennis, rounders, cricket, remote control cars, circus skills, cooking, games systems, quad biking, climbing, abseiling, caving, kayaking, and more!

**Mon 27th July - Fri 31st July:
12pm-5pm (except Fri 9am - 5pm)**

For 13-19 year olds, £5 per person per week
50 places available
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

The Edge!

At Pioneer Youth Centre

An amazing non-stop week of activities such as quad biking, climbing, abseiling, caving, kayaking, street dance, tae-kwon-do, sumo suits, football, rounders, remote control cars, t-shirt painting, giant jenga, circus skills, cooking, games systems and more!

**Mon 3rd August - Fri 7th August:
12pm-5pm (except Fri 9am - 5pm)**

For 13-19 year olds, £5 per person per week
80 places available
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

Frenzy!

At Marlborough Pavillion, Sopwell

Frenzy is a mix of high-adrenalin activities, sports, arts and games over a whole week! Activities include climbing, abseiling, caving, kayaking, quad biking, football, tennis, rounders, cricket, street dance, tae-kwon-do, sumo suits, remote control cars, t-shirt painting, glass painting, giant jenga, circus skills, cooking, games systems and more!

**Mon 10th August - Fri 14th August:
12pm-5pm (except Fri 9am - 5pm)**

For 13-19 year olds, £5 per person per week
30 places available
Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

The Summit!

At Harpenden Youth Centre

Avoid boredom this summer with this activity week jammed with activities for all tastes and interests! Take part in remote control car driving, circus skills, tae-kwon-do, quad biking, climbing, abseiling, caving, kayaking, street dance, football, tennis, rounders, cricket, glass painting, cooking, and more!

Mon 17th August - Fri 21st August: 12pm-5pm (except Fri 9am - 5pm)

For 13-19 year olds, £5 per person per week, 40 places available
Info: Lara or Kate 01442 454060 youth.connexions@hertscc.gov.uk

MUSIC & ARTS

Bollywood Movie

At Malting Art Theatre

St Albans Youth Council are showing the latest Bollywood Movie, 'Kal Ho Naa Ho' to raise funds for St Albans Mela (Asian Festival). Festival to be held at Clarence Park on 27th September.

24th July: 7.30pm-10.00pm

Open to all ages, £3 per person
Info: Jeni Osbourne 01727 866100
Jeni.Osbourne@stalbans.gov.uk

Under 18s Disco

At Batchwood Hall Nightclub, Batchwood Drive

Are you 13 to 17? Want your own place to dance and hang out? Then this is right up your street!

Every Tues During Holiday: 7pm-11pm

For 13-17 year olds

Info: Luminar Leisure 01727 856596
www.batchwoodhall.com

Summer Sounds

At Rothamsted Park, Harpenden

A free music event supported by local bands, DJs & artists, for you to enjoy.

12th July: 2pm-7pm

For under 18 year olds, no cost
Info: Alex Ferguson 01442 454060
youth.connexions@hertscc.gov.uk

Jewellery Making

At The Base, London Colney

A unique opportunity to design and create your own jewellery collection!

11th & 25th August

For 11-16 year olds, £4 per person
30 places available

Info: Shelley Taylor 01727 821639
base184@yahoo.co.uk

Street Art

At The Base, London Colney

3 days of creative fun working with a street artist. Day 1 is a visit to London to see different forms of street art, then 2 days of workshops creating your own street art.

17th, 18th & 19th August

For 11-19 year olds, £15 per person
15 places available

Info: Shelley Taylor 01727 821639
base184@yahoo.co.uk

Live Music Events

At Pioneer Centre

Regular music events organised by young people for local bands to showcase their talent.

**3rd July, 7th August &
4th September 7pm-10pm**

For 13-19 year olds, £5 per person
Tickets are sold at Alban Arena

Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

SPORTS

Drop n Dodge

At Charters Health Club, Highfield Park

Part 1 is a drop-in for young people to play table tennis, badminton, volleyball, tennis & football.

Part 2 is a session on how to play dodgeball.

**Tues, Thurs & Fri: 2pm-4pm
(3pm-4pm - Dodgeball)**

For 10-15 year olds, £1 per session

Info: Matt Charles 01727 731540
MatthewCharles@WatfordYMCA.com

Onside - Sports Sessions

Across St Albans, London Colney & Wheathampstead

An opportunity for local young people to come together to play different sports with professional coaches.

Mon 3rd - Fri 7th August 10am - 3pm

At Marlborough Pavillion, Sopwell

Mon 10th - Fri 14th August 10am - 3pm

(Wed & Fri 12.30pm - 3pm)

Sandringham School Playing Field, Sandringham

Mon 17th - Fri 21st August 10am - 3pm

Napsbury Avenue Multi Use Games Area, London Colney

Mon 3rd - Fri 7th August 10am - 3pm

(Wed & Fri 12.30pm - 3pm)

Marford Road Playing Fields, Wheathampstead

For 8-16 year olds, £1 per session

Info: Sam Mitchell 01923 496292
sam.mitchell@watfordfc.com

Superteams 09

At Hatfield Sports Village

A day of exciting events for you to take part in, including bungee runs, pole jousting, sumo wrestling & more!

Sat 18th July: 10am - 4pm

For 12-18 year olds, no cost

Info: Hardeep 07827 947673
hardeep@pro-actionherts.org

OTHER ACTIVITIES

Parkour Sessions

In and around St Albans

A unique opportunity to learn techniques & movements and how to transfer skills to an outdoor setting.

Contact James Cavalier for dates, times & costs

For 12-19 year olds

Info: James Cavalier 01727 827667
James.cavalier@leisureconnection.co.uk

QuestSeekers

At Hertfordshire Libraries

The adventure starts here! Take up the challenge to read 6 books from the library during the summer holidays - and win stickers, a medal & a certificate!

**13th July - 4th September:
During Library Opening Hours**

Up to 13 year olds, no cost

Info: Helen Towers 01438 737333
hertsdirect@hertscc.gov.uk

Herts V-Involved

In and Around St Albans

There are many youth volunteering opportunities in St Albans & surrounding areas. Get involved and discover some great volunteering opportunities that suit you and achieve one of our nationally recognised awards which looks great on your CV!

All Summer Long!

For 16-25 year olds, no cost

Info: Nicole Connors 07989 502293
nicoleconnors@watfordymca.com

First Aid Training Course

At Pioneer Youth Centre

A one day course for young people who would like to gain a certificate in Basic First Aid Training from the British Red Cross.

Sunday 26th July: 10am-3pm

For 13-19 year olds, £1 per person
20 places available

Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

Sport Leadership

Sport Leaders UK Level 2 Award

This is for people who have already kicked off their leadership skills in a responsible role and who'd like to take their sporting leadership skills into a different league!

6 x 5 Hour Sessions in August

For 16-25 year olds, no cost

Info: Pro-Action 01707 276859
training@pro-actionherts.org

Food Safety

CIEH Level 2 Award

This course gives you the knowledge of food safety including refrigeration, chilling and reheated food as well as the important areas to know about safe food storage!

5 Hours

For 15 years & upwards, no cost

Info: Pro-Action 01707 276859
training@pro-actionherts.org

Emergency Life Support

With the Red Cross

Take part in this invaluable course, which will help you become more confident in helping another person. This course provides you with a range of skills, treating burns, resuscitation procedures, dealing with broken bones & more.

4 Hours

For 14 years & upwards, no cost

Info: Pro-Action 01707 276859
training@pro-actionherts.org

Child Protection

Basic Level Training

This course will provide a range of knowledge of child protection if you are thinking of working or volunteering with young people. You will be given an accredited certificate by Education Child Protection, valid for 3 yrs.

3 Hours

For 15 years & upwards, no cost

Info: Pro-Action 01707 276859
training@pro-actionherts.org

AL' Streets

Out and About in St Albans

Youth Workers will be out and about in open spaces, parks & shopping areas, providing information on services & activities in the places you hang out.

**Mon 20th July - Sat 25th July:
11am-2pm & 5pm - 8pm**

For 13 -19 year olds, no cost

Info: Lara or Kate 01442 454060
youth.connexions@hertscc.gov.uk

All activities and events are correct at time of going to print but are subject to change. Spaces for many activities are limited and you are strongly advised to reserve a space at the earliest opportunity to avoid disappointment.

