



0-19 EARLY HELP
SERVICE

SPRING TERM ACTIVITIES



FOR YOUNG PEOPLE AGED 3-19*

SPRING TERM 11 Jan - 13 Feb 2021

*UP TO 25 FOR THOSE WITH DISABILITIES AND/ OR AUTISM



BARNET
LONDON BOROUGH

SPRING TERM 2021

11 JANUARY - 13 FEBRUARY 2021

FREE

online

ALL ACTIVITIES ARE DELIVERED VIA ZOOM ONLINE FOLLOWING GOVERNMENT GUIDANCE

PHOTOGRAPHY

MONDAYS
Times: 4.30pm - 6pm

Ages: 11-17s

online

SIGN UP NOW

During these sessions students will learn how to use a DSLR Camera, light and shoot different styles of photography and Build a portfolio of work perfect for showing friends, family and schools.



CIRCUS SKILLS

MONDAYS
Times: 4.30pm - 5.30pm
Times: 6pm - 7.30pm

Ages: 7-10s
Ages: 11+

SIGN UP NOW

SIGN UP NOW

online

An exciting way to exercise! This course is a chance for you to explore circus skills and see if you want to take your interest further. Develop physical, mental and social skills including balance, flexibility and teamwork. Workshops will include juggling, diabolo, spinning plates, hula hooping and acro-balance. No experience is needed. Come and have a go at trying something new!



RITHMIK MUSIC PRODUCTIONS

MONDAYS
Times: 5pm - 7pm

Ages: 11-19s

WAITING LIST

SIGN UP NOW

Learn about all things Music in a professional recording studio. Learn the art of pre and post Production within Music, record your own tracks and build your knowledge of the music industry while being taught by music producers from the industry. No previous experience necessary. Give it a go and we promise you won't regret it!

PLEASE NOTE: THIS ACTIVITY IS NOT RUNNING DURING LOCKDOWN. YOU CAN ADD YOUR CHILD TO THE WAITING LIST



RITHMIK RADIO PRODUCTIONS

TUESDAYS
Times: 5pm - 6pm

Ages: 11-17s

online

SIGN UP NOW

Learn about Radio Production, journalism, interviewing and reporting. Debate topics discussing the current situation, the progress, personal experiences and thoughts on Governmental development and what young people find important to them in their lives. If you are an aspiring journalist or interested in working within Radio or presenting, then come and join the online group.



VIRTUAL LEGO CLUB

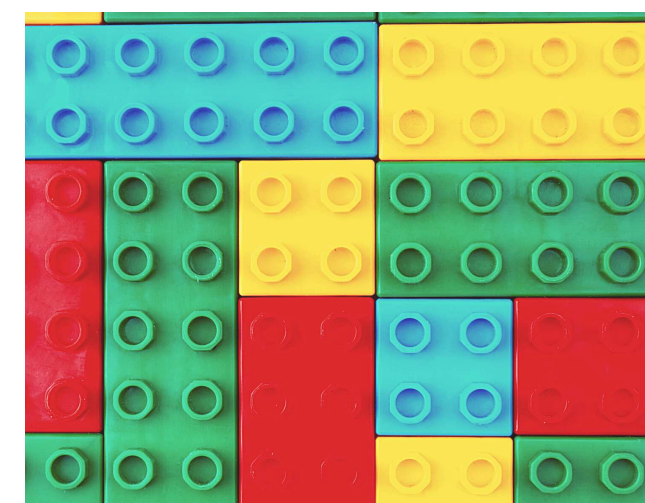
TUESDAYS
Times: 4.30pm - 5.30pm

Ages: 6-12s

online

SIGN UP NOW

Virtual Lego Club is a weekly group that runs during the Barnet school term time. It is a great place for children to come and express their creative side. Virtual Lego Club will allow participants to build complex and detailed structures. So if you are a fan of all things Lego come and show us your Lego building skills.



CLIMBING WALL

TUESDAYS
Times: 4.30pm - 6pm
Times: 6pm - 7.30pm

Ages: 8-10s

Ages: 11-19

SIGN UP NOW

SIGN UP NOW

WAITING LIST

Join our Climbing club every Tuesday! Not only is it a great way to work out, keep active and build up your confidence and encourage a healthy lifestyle, it's really fun. It is suitable for all fitness levels and abilities so whether you are an aspiring beginner or have experience all are welcome. Our climbing wall is indoors!

PLEASE NOTE: THIS ACTIVITY IS NOT RUNNING DURING LOCKDOWN. YOU CAN ADD YOUR CHILD TO THE WAITING LIST



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SPRING TERM 2021

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SKATEBOARDING

WEDNESDAYS
Times: 3.45pm - 4.45pm
Times: 5pm - 6pm

Ages: 7-11s
Ages: 12+

SIGN UP NOW

SIGN UP NOW

WAITING LIST

Join our Skateboarding club every Monday! This is the perfect time to pick up the sport and see how far you can go. Not only is it a great sport but a great way to keep active and build up your confidence and encourage a healthy lifestyle. You don't need to bring your own skateboard, all skateboards, safety pads and helmets are provided.

PLEASE NOTE: THIS ACTIVITY IS NOT RUNNING DURING LOCKDOWN. YOU CAN ADD YOUR CHILD TO THE WAITING LIST



SEND PERFORMING ARTS

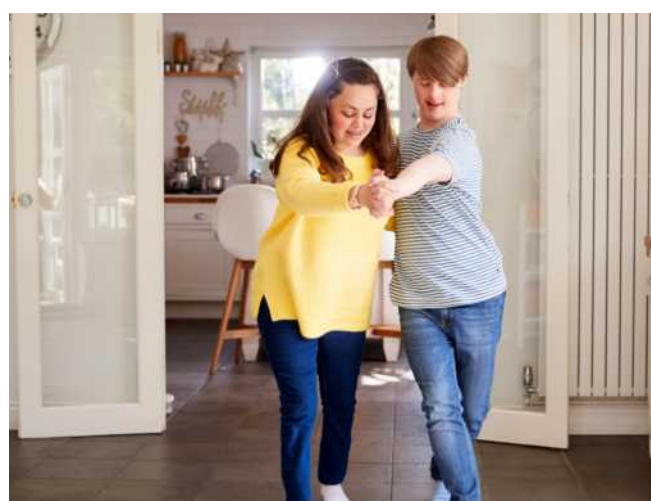
WEDNESDAYS
Times: 4.30pm - 5.30pm

Ages: 11-25s

online

This session is a weekly performing arts session for young people. Do you love to sing, dance and act? Then come on and access this weekly performing arts session that runs during the Barnet School term. These sessions are for young people with Learning Disabilities and/or Autism.

SIGN UP NOW



STREET DANCE*

WEDNESDAYS
Times: 4.30pm - 5.15pm

Ages: 7-11s
Ages: 12+

SIGN UP NOW

SIGN UP NOW

online

This session is a weekly session that runs during the Barnet School term. It is a fun, high energy dance class to get your bodies moving through learning Street Dance routines.



CONTEMPORARY DANCE*

WEDNESDAYS
Times: 5.30pm - 6.15pm

Beginners 8+
Beginners /
Intermediate 10+

SIGN UP NOW

SIGN UP NOW

online

This session is a weekly session that runs during the Barnet School term. Learn lyrical contemporary technique, exploring the emotions the music carries.



****Delivered by a Partner Provider**

YOUTH THEATRE PRODUCTIONS*

WEDNESDAYS
Times: 6.30pm - 7.30pm

Ages: 12-18s

online

Express yourself! Come along to this inclusive and welcoming youth theatre class where young people can learn, develop their acting craft, behind the stage in lighting, sounds or prop making each week. Youth Theatre Productions work towards a devised production each year in a professional theatre.

SIGN UP NOW



****Delivered by a Partner Provider**

FITNESS SESSIONS

THURSDAYS
Times: 4.30pm - 5.30pm

Ages: 8-11s
Ages: 12+

SIGN UP NOW

SIGN UP NOW

online

Fitness camp is a great way to kick-start your fitness goals combining cardio and strength training with fun workouts to get you into shape in a great and motivating atmosphere. The programme will be challenging and will encourage you to work towards your goals. It is suitable for all fitness levels so whether you are an aspiring beginner or a fitness fanatic all are welcome.



MINI STREET MOVERS 3-5YRS*

THURSDAYS
4.30pm-5.15pm

Ages: 3-5s

online

Mini Movers class is the perfect and fun way to learn the basics and grow in Street Dance and expression, whilst having fun and making lots of new friends.

SIGN UP NOW



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MUSICAL THEATRE

FRIDAYS
Times: 4pm - 5pm

Ages: 8-12s

online

SIGN UP NOW

Bringing the Westend to your living room! Join a fun packed session each week learning the art of Musical Theatre, Sing, Dance and Act your way through an hour of learning the top musicals!



DANCE FUSION

FRIDAYS
Times: 5.30pm - 6.30pm

Ages: 8-12s

online

SIGN UP NOW

Fun, high energy dance course to get your bodies moving giving you a taste of Commercial, Jazz & Contemporary Dance Styles. This session is for all abilities. Remember to wear comfy clothes and bring a bottle of water.



LITTLE VISIONS 4-6YRS*

SATURDAYS
Times: 10am - 10.45am
Times: 11am - 11.45am

SIGN UP NOW

SIGN UP NOW

online

An opportunity for your little ones to kick start their learning in the three fundamental disciplines of performing arts, singing, dancing and acting. Explore role play, imagination, games and lots of fun while making new friends.



**Delivered by a Partner Provider

BALLET (RAD) 5-7YRS*

SATURDAYS
Times: 10am - 10.45am

Ages: 5-7s

online

SIGN UP NOW

Ballet Beginners is the perfect introduction to begin learning technique, terminology and first steps of Ballet dance; through storytellingm creativity and imagination, making the class lots of fun! This Ballet class follows the Royal Academy of Dance Primary Ballet syllabus



**Delivered by a Partner Provider

TINY TAPPERS 5-7YRS*

SATURDAYS
Times: 11am - 11.45am

Ages: 5-7s

online

SIGN UP NOW

Learn the basic movements, technique and terminology of Tap dance and is the perfect introduction to the dance style. Develop skills in rhythm, balance, musicality, core, legs and feet strength, coordination and flexibility in the hips, knees and ankles. Dancing builds self-esteem, expresses creativity and is a fun way to make new friends.



**Delivered by a Partner Provider

MUSICAL THEATRE 7-10YRS & 11-16YRS*

SATURDAYS
Times: 12noon - 1pm

Ages: 7-10s

Ages: 11-16s

online

SIGN UP NOW

SIGN UP NOW

Musical Theatre suitable for all levels! Junior and Senior groups are split and rotate through learning the three core elements, Acting, Singing and Dance over 2 hours. Develop skills in vocal strength, projection, harmony, flexibility, expression, character building, script work and movement in fundamental dance styles, including Jazz, Ballet, Street Dance and Lyrical Dance. These Musical Theatre groups work towards an annual showcase each year.



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