

Holiday Fun

Summer 2025



£1

UNDER 16 SWIM
entry for Tottenham
Green and Park Road
Pools & Fitness (lido
excluded)



Join us for fun activities
and make new friends.



Visit haringey.gov.uk/holidayfun to find the perfect activity for you!



Don't miss out - your adventure starts here!

Haringey
LONDON



Activities for children and young people

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

- **Blue rating:** Sessions are open to all, and we can support individuals needing some additional assistance and adapt the activity accordingly, while expecting independent participation for most of the activity.
- **Green rating:** Session are open to all, and we can provide support to individuals with higher levels of need, although one-to-one support is not available. We strive to make reasonable accommodations to foster inclusivity.
- **Yellow rating:** The activity is designed to offer tailored support to individuals with high levels of need.



Summer 2025 – Haringey's Summer of Fun

Now in its eighth edition, our fantastic Summer Holiday Activities programme allows children and young people to get active, connect and socialise.

It's fundamentally important for our young people that they're able to get out and about this summer as it helps promote and support their physical and mental health, as well as their overall wellbeing.

There's another packed schedule of activities and events across our leisure centres and parks this year.

The best bit about it all too is that a large number of sessions are completely FREE.

We know just how popular the playgrounds in our parks are among children of all ages and abilities and their families in Haringey.

We've invested heavily to maintain these green, open spaces over recent years and are set to spend more than £8.5m across the borough in 2025/26 to ensure they're welcoming and increase the wellbeing of residents.

This investment includes £1.5m to improve amenities and facilities in eight parks across Tottenham and Wood Green.

The ever-popular 'Kids for a Quid' /£1 swim is back at our leisure centres at Park Road* (*excluding the Lido) and Tottenham Green.

With this being the fifth year of additional activities provided through

the government's Holiday Activities and Food (HAF) programme too, this summer could well prove to be one of our best, biggest and most accessible and inclusive programmes yet.

Providing free activities and nutritious meals to children and young people aged five to 16 who are eligible for Free School Meals (FSMs), we're very proud of our HAF programme and the fantastic impact it's had – and is having – on our community.

Haringey will have more than enough to offer this summer to ensure our children and young people can enjoy themselves and thrive.

You will find all the details in this guide, including dates, locations and times, as well as information on how to book where necessary and whether any fee applies.

Additional activities and events can also be found online at: www.haringey.gov.uk/holiday-fun

Have a great summer and don't forget to share your highlights with us on social media by tagging our account handle (@haringeycouncil) in your Facebook posts and tweets!

Cllr Emily Arkell

Cabinet Member for Culture and Leisure

Cllr Zena Brabazon

Cabinet Member for Children, Schools and Families

HARINGEY HOLIDAY ACTIVITY AND FOOD (HAF) PROGRAMME

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

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

Alternatively, you can contact:

HAFProgramme @haringey.gov.uk



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2TR Football Brunswick Park

8 years +

These football sessions for 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.

Dates: 28 Jul – 29 Aug , 12 – 2pm

Cost: Free

Venue: Brunswick Park

Just turn up? Yes

Inclusion: ●

2TR Football Chestnuts Park

8 years +

These football sessions for 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.

Dates: 28 Jul – 29 Aug , 3 – 5pm

Cost: Free

Venue: Chestnuts Park

Just turn up? Yes

Inclusion: ●

2TR Football Hartington Park

8 years +

These football sessions for 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.

Dates: 28 Jul – 29 Aug , 12 – 2pm

Cost: Free

Venue: Hartington Park

Just turn up? Yes

Inclusion: ●



Access to Sports – Finsbury Park Tennis Coaching

6 - 16 years

Fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in games and matches. Children will be grouped by the following ages: 6 - 7 years, 8 - 11 years, 12 - 16 years.

Dates: 22 Jul – 25 Jul , 28 Jul – 31 Jul , 4 Aug – 7 Aug , 11 Aug - 14 Aug , 10am – 12pm

Cost: Free

Venue: Finsbury Park Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports – Girls Active Multi Sports

8 - 16 years

A week of fun, multi sports activity providing girls and young women the chance to try out a variety of sports, learn new skills, techniques, and make friends. Sports on offer include: Skateboarding, cycling, volleyball, athletics, tennis, and more!

Dates: 22 – 25 Jul, 28 – 31 Jul, 4 – 7 Aug, 11 – 14 Aug, 18 – 21 Aug, 10:30am – 3:00pm

Cost: Free

Venue: Finsbury Park Athletics Track

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●



Access to Sports – Sports Academy (Multi Sports Programme)

12 - 16 years

Opportunity to take part in a range of sports activities including Basketball, Volleyball, Football, Tennis, Fitness, Cycling, Skateboarding, Tag Archery and More. There is also the chance to join our leadership and volunteering programmes, competitions and trips! Please bring a lunch and water. Lunch is

provided for young people eligible for free school meals.

Dates: 22 – 25 Jul, 28 – 31 Jul, 4 – 7 Aug, 11 – 14 Aug, 18 – 21 Aug, 10:30am – 3:00pm

Cost: Free

Venue: Finsbury Park Athletics Track and Ball courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports – Multi Sports Camp

8 - 11 years

Fun, multi sports activity providing children and young people the chance to try out a variety of sports, learn new skills, techniques, and take part in an end of week competition. Sports on offer include Football, Basketball, Tennis, Cycling, Skateboarding, Athletics, Volleyball, Tag Archery, Dodgeball & more! Please bring a pack lunch and water. Lunch is provided for children eligible for free school meals. Children will be grouped by the following age groups: 8 - 9 years, 10 - 11 years.

Dates: 22 – 25 Jul, 28 – 31 Jul, 4 – 7 Aug, 11 – 14 Aug, 18 – 21 Aug 10am – 3:00pm

Cost: Free

Venue: Finsbury Park Athletics Track, Tennis courts and Basketball courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports – Inclusive Multi Sports

8 - 18 years

Fun, inclusive sports programme offering a range of sports and physical activities for those with disabilities.

Dates: 25 Jul, 1, 8, 15, 22 and 29 Aug, 11am – 1pm

Cost: Free

Venue: Finsbury Park Athletics Track and Ball courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports - Down Lane Park - Tennis for All coaching

5 - 11 years

A week of fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in fun games and activities.

Dates: 18 – 21 Aug, 1 – 3pm

Cost: Free

Venue: Down Lane Park Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports - Chapmans Green Park - Tennis for All coaching

5 - 11 years

A week of fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in fun games and activities.

Dates: 18 – 21 Aug, 10am – 12pm

Cost: Free

Venue: Chapmans Green Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports - Chestnuts Park - Tennis for All coaching

5 - 11 years

A week of fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in fun games and matches.

Dates: 28 – 31 Jul, 11 – 14 Aug, 10am - 12pm

Cost: Free

Venue: Chestnuts Park Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

2025 SUMMER HOLIDAY BRUCE GROVE Youth Space



Ages:
11-19 Years Old
19 -25 (SEND)

Dates:
To be announced

Trips:
To be announced

Activities

- Football
- Basketball
- Cooking
- Table Tennis
- Badminton
- Baking
- Calisthenics
- Music Production
- More to be announced

Register on
Online

BRUCE GROVE YOUTH SPACE
10 Bruce Grove, N176RA

For enquires Email : Youthspace@haringey.gov.uk

Access to Sports – Downhills Park - Tennis for All coaching

5 - 11 years

A week of fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in fun games and activities.

Dates: 28 - 31 Jul, 11 - 14 Aug, 1 - 3pm

Cost: Free

Venue: Down Hills Park Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●

Access to Sports - Priory Park - Tennis for All coaching

5 - 11 years

A week of fun, tennis coaching providing children and young people the chance to develop tennis technique, learn new skills, and take part in fun games and activities.

Dates: 21 - 25 Jul, 4 - 7 Aug, 10am - 12pm

Cost: Free

Venue: Priory Park Tennis Courts

Just turn up? No, book in advance

Book: www.accesstosports.org.uk/bookings

Email: info@accesstosports.org.uk

Inclusion: ●



A Play In A Week - Children's Theatre

7 - 11 years

Join us here at Haringey Shed to create a brand new piece of theatre in just one week. Perfect for creative young people who love storytelling, dancing and singing.

Dates: 11 - 15 Aug, 10am - 4pm

Cost: Pay what you can. For more information get in touch.

Venue: Haringey 6th Form College

Just turn up? No, book in advance

Call: 07850 617 169

Email: info@haringeyshed.org

Inclusion: ●

A Play In A Week - Youth Theatre

11 - 16 years

Join us here at Haringey Shed to create a brand new piece of theatre in just one week. Perfect for creative young people who love storytelling, dancing and singing.

Dates: 4 - 8 Aug, 10am - 4pm

Cost: Pay what you can. For more information get in touch.

Venue: St Thomas More School

Just turn up? No, book in advance

Call: 07850 617 169

Email: info@haringeyshed.org

Inclusion: ●

Beat the heat this summer

Weather in Haringey is getting hotter each year – Haringey Council is here to help you. Here's how you can beat the heat:



Stay hydrated by drinking plenty of fluids, and limit caffeine and alcohol



When possible, stay out of the sun between 11am-3pm



If you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade, and apply sunscreen



Check in with neighbours, and look out for friends and family throughout the warmer months

Head over to our website for more tips, and information about local Cool Spaces in the borough where you can head for help.

www.haringey.gov.uk/beattheheat



scan me
for more



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Close blinds or curtains on windows when they are exposed to direct sunlight during the day



Move to a cooler part of the house, especially for sleeping



Open windows when the air feels cooler outside than inside, for example in the morning and at night after the sun goes down



Get fresh air flowing through your home by opening doors and windows on the cooler side of the house when you can



Use an electric fan if the air temperature is below 35°C, but don't aim fan directly at your body as this can cause dehydration



Check that any heating is turned off and turn off lights and electrical equipment that are not in use



Go outside if it is cooler outside in the shade



If you can, use your boiler on a lower temperature for part of the day, as hot water storage can cause your home to heat up

If you are concerned about someone who is vulnerable during a period of hot weather please contact: connectedcommunities@haringey.gov.uk

If you would like to see this information in a different language, visit: www.haringey.gov.uk/BeatTheHeat

SUMMER OF SPURS



EVENT	DATE	TIME	LOCATION
Sports camps for boys and girls aged 8-14	28, 29, 30 & 31 July 4, 5, 6 & 7 August	10am-3.30pm	New River Leisure Centre
	11, 12, 13, 14, 18, 19, 20 & 21 August	10am-3.30pm	Duke's Aldridge Academy
Football sessions for boys and girls aged 10-14	Every Wednesday from 30 July – 20 August	2-5pm	Somerford Grove Adventure Playground
Football tournaments for boys and girls aged 12-18	Every Monday from 28 July – 18 August	2-5pm	Donkey Lane, Enfield
	Every Tuesday from 29 July – 19 August	4-6pm	New River Leisure Centre
	Every Thursday from 31 July – 21 August	2-5pm	Powerleague Tottenham
Summer Finals	Friday, 29 August	12-4pm	New River Leisure Centre





<i>EVENT</i>	<i>DATE</i>	<i>TIME</i>	<i>LOCATION</i>
Girls' football festival	Friday 1 August	10am-12pm for ages 6-8 1pm-4pm for ages 9-16	New River Leisure Centre
Faith and football tournament for boys and girls aged 12-18	Friday 8 August	11am-4pm	New River Leisure Centre
Godwin Lawson memorial football tournament for boys and girls aged 12-18	Friday 15 August	11am-4pm	Tottenham Hotspur Training Centre
Flag football festival for boys and girls aged 12-16	Friday 22 August	11am-4pm	New River Leisure Centre
Girls' football sessions, ages 8-14	26-27 August	10am-3.30pm	New River Leisure Centre
	28 August	11am-3.30pm	New River Leisure Centre
Spurred 2 Coach - coaching course for anyone aged 16-25	Every day from 28 July - 1 August	10am-3pm	Percy House/Tottenham Community Sports Centre
	Every day from 11 August - 15 August	10am-3pm	Duke's Aldridge Academy
Sports Leaders - coaching- based qualification for anyone aged 13-16	Every day from 4 August - 8 August	10am-3pm	New River Leisure Centre

***TO SIGN UP TO ONE OF OUR EVENTS
SCAN THE QR CODE***

For any questions, please email foundation@tottenhamhotspur.com or call 020 8365 5138.



tottenhamhotspur.com/foundation

@spursfoundation

Tottenham Hotspur Foundation

@SpursFoundation

Act Out Performing Arts - Mamma Mia Workshop

4 - 16 years

Students are split into age-appropriate groups and spend a fun-filled week learning dances, songs and scenes from a West End Musical, which culminates in a performance to friends and family. 9am Breakfast club option. 20% sibling discount and childcare vouchers/tax free childcare accepted.

Dates: 11 - 15 Aug, 10am - 4pm

Cost: £23 morning only, £43 per day, £190 for week

Venue: Muswell Hill Methodist Church

Just turn up? No, book in advance

Book: <https://act-out-performing-arts.classforkids.io/camps>

Email: Rosie, hello@act-out.co.uk

Inclusion: ●



Ancient Scrolls

6 - 10 years

Join us at Bruce Castle to find out what people used before books and use paint or ink to create an old manuscript.

Dates: 31 Jul, 1:30 - 3:30pm

Cost: Free

Venue: Bruce Castle Museum

Just turn up? Yes

Info: museum.services@haringey.gov.uk

Inclusion: ●

Awesome Summer Holiday Fun

4 - 11 years

Take part in activities including football, basketball, arts & crafts, baking, dance, role play, trips and much more. It's an opportunity to meet up with old friends and/or make new ones in a safe and friendly environment. Complimentary breakfast club is included from 8 - 9.30am, plus a snack in the afternoon. Please bring a healthy packed lunch. Limited HAF fully funded spaces available including lunch 4 hours per day.

Dates: 23 Jul - 22 Aug, 8am - 6pm. Dates and times do not apply to HAF.

Cost: £25 per day

Venue: Alexandra Primary School

Just turn up? No, book in advance

Call: 079215 26877

Inclusion: ●

Chettle Court Rangers Youth FC

5 - 14 years

Chettle Court Rangers Football Club aim to increase opportunities for young people from different communities to participate in recreational and competitive sport through regular coaching sessions. We offer coaching and mentoring in football to provide young people with opportunities for personal development and improve their life skills. Application form must be completed before sessions.

Dates: 23 Jul - 29 Aug, Tue & Thurs, 10 - 12pm

Cost: Free

Venue: Down Lane Park

Just turn up? No, book in advance

Call: 07835866008

Email: ccrhc@hotmail.com

Inclusion: ●

Clay Tablets

6 - 10 years

Learn about the first written records and get hands on using clay.

Dates: 7 Aug , 1:30 - 3:30pm

Cost: Free

Venue: Bruce Castle Museum

Just turn up? Yes

Info: museum.services@haringey.gov.uk

Inclusion: ●



Coolhurst Tennis and Multisport Summer Camps

3 - 16 years

Ages 3-4: 2 hours of tennis daily (9-11am). All other ages (or advanced 3-4 year olds): 4-hour session (9am-1pm) with tennis for older players and mixed activities for younger ones. Extend to 5pm with Multi-sports including Squash, Football, Cricket, Athletics, and games.

Dates: 7 Jul - 29 Aug , 9am - 5pm

Cost: One day: 9-11am £24 , 9-1pm £44 , 9-5pm £60.

Per week: 9-11am £86.40 , 9-1pm £144 , 9-5pm £200.

Venue: Coolhurst Tennis & Squash Club

Just turn up? No, book in advance

Book: <https://coolhurstjuniorcamps.company.site/>

Email: admin@coolhurst.co.uk

Inclusion: ●



Cycling with Wheely Tots

2 years +

Age-friendly cycling sessions with Wheely Tots. Families welcome.

Dates: See Eventbrite link below

Cost: Donations welcome

Venue: Lordship Rec

Just turn up? No, book in advance

Book: <https://www.eventbrite.co.uk/o/wheely-tots-17138712025>

Email: booking@wheelytots.com

Inclusion: ●

Dalmage Active Summer Camp & Forest School

5 - 13 years

Experience the ultimate summer at Dalmage Active's Summer Camp! With an action-packed schedule that includes exciting trips, creative workshops, forest play, and enrichment classes, your child will enjoy thrilling outdoor adventures, hands-on learning, and unforgettable memories. Don't miss out on a summer filled with adventure, laughter, and endless possibilities!

Dates: 28 Jul - 22 Aug , 9am - 4pm
Cost: £20 per day or £75 for week
Venue: The Devonshire Hill Nursery & Primary School
Just turn up? No, book in advance
Book: <https://dalmageactive.classforkids.io/camp/36>
Email: admin@dalmageactive.co.uk **Call:** 07946257245
Inclusion: ●

Dalmage Active Summer Sports & Activity Camp

5 - 15 years

Experience the ultimate sports and fitness adventure at Dalmage Active's Summer Camp! With high-energy sports, thrilling fitness challenges, and fun games, your child will stay motivated and have a blast. From football and basketball to track and field, team sports and individual challenges, there's something for every child to enjoy. Expert coaches will help them develop new skills and gain confidence. Join us for an action-filled, high-energy summer!

Dates: 28 Jul - 22 Aug , 9am - 4pm
Cost: £20 per day or £75 for week
Venue: The Devonshire Hill Nursery & Primary School
Just turn up? No, book in advance
Book: <https://dalmageactive.classforkids.io/camp/37>
Email: admin@dalmageactive.co.uk
Call: 07946257245
Inclusion: ●



Egyptian Hieroglyphs

6 - 10 years

Discover ancient Egyptian writing and use gold paint to design your own name plate.

Dates: 21 Aug , 1:30 - 3:30pm
Cost: Free
Venue: Bruce Castle Museum
Just turn up? Yes
Info: museum.services@haringey.gov.uk
Inclusion: ●

Football

5 - 16 years

Casual use of 5 aside and 7aside ballcourts. Monday to Friday.

Dates: 28 Jul - 22 Aug , 1 - 4pm
Cost: Free
Venue: Frederick Knight Sports Ground
Just turn up? Yes
Email: casport@btconnect.com
Inclusion: ●

BOROUGH-WIDE SUMMER ACTIVITIES

NEW RIVER

JUNIOR GYM

Monday, Wednesday,
Friday-16:00-17:00,
17:00-18:00

TABLE TENNIS

Monday-16:00-17:00
5-aside- 09:00-17:00-
subject to availability.

Track-Subject to
availability.

SWIM FOR ALL LIDO AND PADDLING POOL

(subject to weather and
temp)- Monday-Sunday-
Please check site for
availability (normal
charges apply)
Soft Play-Monday to
Friday- 09:00-19:00.

Soft play
Racket sports
Family
swimming

PARK ROAD

JUNIOR GYM

Monday to Friday- 13:00-
15:30, Bookable 45 mins
sessions.

FAMILY SWIM

(£1 Swimming for
Juniors excluding lido)
(main pool)- Monday to
Friday- Please check site
for availability.

TOTTENHAM GREEN

JUNIOR GYM

Monday to Friday
16:00-17:00, 17:00-
18:00
Junior Gym Sat & Sun-
10:00-16:00

SWIMMING SPLASH AND FLOATS FUN & WAVES

(£1 swim for
Juniors)- Monday to
Friday-12:30-13:30,
14:00-15:00 (please
check website for
booking slots)
Soft play-10:00-18:00



All Activities are subject to availability, Please book online or contact
the centres for any questions

www.haringey.gov.uk/leisure-centres

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Forest School Summer Camp

4 - 11 years

Outdoor activities in Coldfall Woods including den building, whittling, woodwork, forest art, jewellery making, hapa zome, and much more. Make friends, explore the woods and be creative! Running across 6 weeks: Week 1 Wednesday to Friday, Week 2 – 6 Tuesday to Thursday.

Dates: 23 Jul – 25 Jul, 29 Jul – 28 Aug, 10am – 4pm

Cost: £120 per week

Venue: Coldfall Woods

Just turn up? No, book in advance

Book: www.forestschoolkidzkabin.com

Call: 0208 883 1082

Inclusion: ●

Highgate Tennis Summer Camp

4 - 16 years

Our popular and fun camps are available to all ages and abilities. They will enable children to play tennis in beautiful surroundings with enthusiastic, professional coaches. Running for 6 weeks across the summer Monday to Friday apart from week 6 which will be Tuesday to Friday.

Dates: 21 Jul – 29 Aug, 10am – 4pm Full day or 10am – 1pm Half day

Cost: Half day: £28 per day or £128 for week
Full day: £45 per day or £204 for week

Venue: Highgate Cricket & Tennis Club

Just turn up? No, book in advance

Book: <https://highgatecltc.clubsolution.co.uk/newlook/default.asp?login=open>

Email: info@highgate-tennis.co.uk

Inclusion: ●



HR Sports Academy Dance Camp

5 - 15 years

Explore dance, stunts, stage presence, and tumbling through engaging activities. Visit our website for more details. Participants should bring a packed lunch, refillable water bottle, and appropriate clothing.

Dates: 23 Jul – 15 Aug, 9am – 4pm

Cost: £17 per day or £75 for week

Venue: Mulberry Academy Woodside

Just turn up? No, book in advance

Book: <https://www.hrsportsacademy.co.uk>

Email: info@hrsportsacademy.co.uk

Call: 07947530498 / 07903107217

Inclusion: ●

JUNIOR SWIM

£1

for all under 16
years excluding
Lido

Children under 16

Have a day out at Park Road Leisure Centre & Lido and Tottenham Green Leisure Centre during summer holidays.

Children under 8 must be accompanied by an adult*

Dates: 28 Jul - 31 Aug

Cost: Junior Swim- £1

Venue: Park Road Leisure Centre & Lido and Tottenham Green Leisure Centre

Just turn up? No

Book: <https://www.haringey.gov.uk/tottenham-green-leisure-centre>

Book: <https://www.haringey.gov.uk/park-road-leisure-centre-lido>

Suitable for disabilities? Yes



The Creative Hub

Your Pathway to Sports & Media Careers

Are you 14-18 and passionate about sports, media, or both?

Join us in Haringey London this Easter for exclusive opportunities to kickstart your career!

This programme offers:

- Music production workshops
- Podcasting masterclasses
- Sports journalism experience
- Hands-on work placements

Learn from industry professionals, develop practical skills, and explore career paths in cutting-edge facilities.

Unlock your potential with Unity Xtra and Thru Life!



SUMMER HOLIDAYS

4 - 15 AUGUST 2025

Time: 12 pm - 2 pm

Age: 14 - 18 yrs Venue: Unit 2 Gourley Place, London N15 5NF



0794 485 4718



admin@thrulife.uk

****Spaces are limited****

Register at: thrulife.uk/reg

Thru  **Life**

UNITY XTRA



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HR Sports Academy Football Camp

5 - 15 years

Focused on skill development and techniques through fun, small-group activities. Visit our website for more details. Participants should bring a packed lunch, refillable water bottle, and wear sports-appropriate clothes

Dates: 23 Jul – 15 Aug, 9am – 4pm

Cost: £17 per day or £75 for week

Venue: Mulberry Academy Woodside

Just turn up? No, book in advance

Book: <https://www.hrsportsacademy.co.uk>

Email: info@hrsportsacademy.co.uk

Call: 07947530498 / 07903107217

Inclusion: ●



HR Sports Academy Multi Sports Camp

5 - 15 years

Exciting games and competitions where participants can enhance their skills and techniques across various sports. Visit our website for more details. Participants should bring a packed lunch, refillable water bottle and wear sports-appropriate clothing (trainers only)

Dates: 23 Jul – 15 Aug, 9am – 4pm

Cost: £17 per day or £75 for week

Venue: Mulberry Academy Woodside

Just turn up? No, book in advance

Book: <https://www.hrsportsacademy.co.uk>

Email: info@hrsportsacademy.co.uk

Call: 07947530498 / 07903107217

Inclusion: ●

Learn your Letters!

3 - 6 years

Head down to the Castle and discover a range of alphabet activities. Print your name with letter blocks, get hands on 'writing' in our sensory sand trays and enjoy family time with a book or puzzle.

Dates: 3 Aug, 10 Aug, 17 Aug, 1:30 - 3:30pm

Cost: Free

Venue: Bruce Castle Museum

Just turn up? Yes

Info: museum.services@haringey.gov.uk

Inclusion: ●

Learn to Swim with Haringey Aquatics (Intensive courses)

4 - 11 years

5 x 30 minute classes per week catering for children who are complete beginners (stage 1) up to stage 7 of the national swimming plan

Dates: 28 Jul - 1 Aug, 4 - 8 Aug, 11 - 15 Aug, 9 - 11am

Cost: £30 per week

Venue: Dukes Aldridge Academy

Just turn up? No, book in advance

Call: 07359711067

Email: emmawebblts@outlook.com

Inclusion: ●

Haringey's Age Well Festival 2025

**Sat 20
September**

12pm – 5pm
**Bruce Castle Park
and Museum**

Save the date!



Partners:

Haringey
LONDON

NHS
North Central London
Integrated Care Board

ALEXANDRA
PALACE

Oldalone UK
Helping to fight loneliness

pavilion
sports & café

Public Voice

CODE 1

**Sign up for
updates here:**

hello@reachandconnect.net
**new.haringey.gov.uk/events/
haringey-age-well-festival-2024**



Middlesex Cricket Summer Camp

8 - 11 years

Middlesex Cricket will run a free summer programme to teach your child basic skills and techniques, whilst having fun and making friends. These sessions will supplement its existing weekly programme on Tuesday evenings with a goal of long-term progression and competitive play. Those registered will receive a personalised T-shirt.

Dates: 28 – 31 Jul, 1 – 3pm

Cost: Free

Venue: Broadwater Farm Community Centre

Just turn up? No, book in advance

Book: <https://forms.office.com/e/C6ZdNZ226U>

Email: callum.millar@middlesexccc.com

Inclusion: ●



Olympic Style Amateur Boxing Training

8 - 18 years

Warm up, Technique Clinic, Shadow Boxing, Bags/Pads, Skipping, Circuit Training, Circuits and Abs, Cool down

Dates: 28 Jul – 29 Aug, 8 – 13 yrs 2 – 3pm, 14 – 18 yrs 3 – 4pm

Cost: Free

Venue: Free

Just turn up? Yes

Call: 07838132091

Email: chris@londonboxingacademy.com

Inclusion: ●

Pedal Power Cycling Sessions

4 years +

Cycling for people of all ages with learning disabilities and those who support them. Pedal Power participants must have the correct number of carers for their support needs.

Dates: Tues – 29 Jul – 9 Sep, Fri – 25 Jul – 12 Sep, 10am – 2pm Sat – 5 Jul – 13 Sep, 12 – 3pm

Cost: £3.00, free for carer/s

Venue: Finsbury Park Athletics Track

Just turn up? No, book in advance

Book: www.pedalpowercc.org

Call: 0749070347

Inclusion: ●



Project 2020

10 - 19 years

Project 2020 is a youth space that offers free activities for young people. Our activities include: Cooking club, Calisthenics, Create 20X20 (Music and Media), Arts and Crafts, Computer Suit, PlayStation 5, Table tennis, Pool Table. Running Tuesday – Friday, No delivery 4 Aug – 8 Aug.

Dates: 29 Jul – 28 Aug, 12 – 6pm

Cost: Free

Venue: Project 2020

Just turn up? Yes

Call: 07790 379194 / 078161 19889

Email: Project2020@haringey.gov.uk

Inclusion: ●



Rollerskating

4 - 14 years

Rollerskating to the latest music. We provide skates or bring your own. Just turn up before the start of the session. No need to book. Tuesday to Thursday.

Dates: 29 Jul–14 Aug, 1:30–3pm and 3–4:30pm

Cost: £2

Venue: Tottenham Community Sports Centre

Just turn up? Yes

Email: casport@btconnect.com

Inclusion: ●



Rose Sports Academy - Multi Sport Camp

4 - 11 years

We run multi-sports holiday camps for children to fill their time off with fun, active games! Our camps include a wide range of sporting activities, such as: dodgeball, hockey, athletics, soft archery, soft axe-throwing, cricket, ultimate frisbee and many more.

Dates: 28 Jul - 1 Aug, 4 - 8 Aug, 11 - 15 Aug, 18 - 22 Aug, 26 - 29 Aug, 9am - 4pm

Cost: £30 a day or £120 a week

Venue: South Harringay School

Just turn up? No, book in advance

Book: Rose Sports Academy app or www.rosesportsacademy.com

Call: 07764655743

Email: adam@rosesportsacademy.com

Inclusion: ●



Rose Sports Academy - Netball Camp

9 - 12 years

A fun Netball camp for children to develop their skills whilst enjoying and learning the

game. Children will take part in training drills to improve their netball skills as well as play matches amongst each other

Dates: 28 Jul - 1 Aug, 4 - 8 Aug, 9am - 12pm

Cost: £15 a day or £65 a week

Venue: Greig City Academy

Just turn up? No, book in advance

Book: Rose Sports Academy app or www.rosesportsacademy.com

Call: 07764655743

Email: adam@rosesportsacademy.com

Inclusion: ●



Rose Sports Academy - Football Camp

7 - 13 years

A fun football camp for children to develop their skills whilst enjoying and learning the game. Children will train through the morning whilst playing competitions, matches and tournaments in the afternoon

Dates: 28 Jul - 1 Aug, 4 - 8 Aug, 11 - 15 Aug, 18 - 22 Aug, 26 - 29 Aug, 9am - 4pm

Cost: £30 a day or £120 a week

Venue: Greig City Academy

Just turn up? No, book in advance

Book: Rose Sports Academy app or www.rosesportsacademy.com

Call: 07764655743

Email: adam@rosesportsacademy.com

Inclusion: ●



Sam's Sports Solutions

4 - 11 years

Our Multi-Sports & Football Camps are bursting with energy, fun, and unforgettable activities! At Sam's Sports Solution, we: promote active play and healthy competition, help kids build skills and confidence, encourage making new friends, cater to different age

groups. Give your child a summer to remember! We offer sibling discount too.

Dates: 23 - 25 Jul , 28 - 31 Jul , 9:30am - 3pm

Cost: £30 a day

Venue: Priory Park (behind the tennis courts)

Just turn up? No, book in advance

Book: www.sams-sports-solutions.com/book-online-1

Email: Sssolutions-ltd@hotmail.com

Call: 079 5629 8495

Inclusion: ●

Selby Active Summer Holiday Programme

5 -10 years

Sport and enrichment activities for children at the Selby Centre! Join in with our summer of fun with loads of free activities and pleasure to keep the kids entertained.

Dates: 5 - 8 Aug, 12 - 15 Aug, 19 - 22 Aug, 26 - 29 Aug, 10:30am - 14:30pm

Cost: Free for children eligible for Free School Meals

Venue: Selby Centre

Just turn up? No, book in advance

Book: <https://theselbytrust.coordinate.cloud/list>

Email: behlul@Selbytrust.co.uk

Inclusion: ●



Stage Academy's – Summer of Success! Holiday Camp

4 - 16 years

An exciting mix of performing arts based activities. Each day of the week stands on it's own with exciting new themes, subjects and challenges for our young performers, a fantastic opportunity for performers young and old to boost their skills and have lots of fun over the Summer! Early Drop Off and Late Pick Up options and sibling discounts available.

Dates: 28 Jul – 1 Aug and 18 – 22 Aug , 9:30am – 3:30pm

Cost: £60 per day (discounts available for multiple day bookings)

Venue: Highgate Primary School

Just turn up? No, book in advance

Book: <https://stageacademy.co.uk/holiday>

Email: contact@stageacademy.co.uk

Call: 08008085327

Inclusion: ●



Up Your Game Basketball Camp

10 - 16 years

Four weeks of thrilling basketball fun, skill-building, and games! Meet new friends, train with expert coaches, and improve your game. Whether you're a beginner or a pro, our tailored sessions will help you level up and leave with a valuable basketball experience.

Women and Girls need Parks

MAKE SPACE

Report harassment against women & girls



Report to the police via **999**
if in an emergency, **101** for
all other non-emergencies.

Report any
incidents online
via **True vision**



Domestic abuse support services and helpline

HARINGEY DOMESTIC ABUSE HELPLINE

Mon-Fri, 10am-5.30pm

 **0300 012 0213**

NIA HELPLINE

Support for women and girls of all
ages who are affected by domestic
abuse

 **0300 012 0213**

Mon-Fri, 10am-5.30pm

 **IDSVA@**
niaendingviolence.org.uk

HEARTHSTONE

Support for anybody affected by
domestic abuse

 **020 8489 3411**

 **hearthstone.domesticviolence**
@haringey.gov.uk

Monday-Friday, 9am-4pm

PIONEER GIRLZ

Empowering teenage girls
Meet at The Engine Room, Unit A,
Eagle Heights, London, N17 9FU
Every Wednesday
4.30-6pm (11 - 14years)
6-8pm (15-18years)

 **0208 808 5490**

Haringey
LONDON

Dates: 4–22 Aug, 26–19 Aug, 10am–3pm

Cost: £20 per day / £80 per week / £300 all 4 weeks

Venue: Greig City Academy

Just turn up? No, book in advance

Email: haringeyheatbasketball@outlook.com

Book: www.haringeyheatbasketball.com

Email: haringeyheatbasketball@outlook.com

Call: 07814 076541

Inclusion: ●



SABC Boxing & Fitness Summer Camp

8 - 12 years

Get ready for some fun! This programme introduces kids to the basics of boxing — from footwork to simple drills — all in a friendly, energetic setting. It's a great way to build fitness, boost confidence, and encourage teamwork (with plenty of smiles along the way)!

Dates: 18 and 25 Aug 12:45 – 2:45pm, 20, 22, 27 and 29 Aug, 10am – 12pm

Cost: Free

Venue: The Selby Centre

Just turn up? No, book in advance

Book: www.selbyboxingclub.co.uk

Email: manager@selbyboxingclub.co.uk

Inclusion: ●

Thru Life Football &

Fitness

10 - 16 years

Expert coaching, fun activities, and teamwork will boost your fitness and confidence.

Improve your game and make lasting connections in a positive environment

Dates: 28 Jul – 21 Aug, 10 - 13 yrs, 12 - 1:30pm, 14 - 16 yrs, 1:30 - 3pm

Cost: Free

Venue: Ferry Lane Estate

Just turn up? No, book in advance

Book: www.thrulife.uk

Call: 07944 854718

Inclusion: ●



Thru Life Only Girls Football & Fitness

10 - 16 years

Our girls-only sessions offer expert coaching, fitness activities, and teamwork to build skills and confidence in a safe and supportive environment. They are perfect for young women passionate about football and personal growth.

Dates: 28 Jul – 21 Aug, 12 - 3pm

Cost: Free

Venue: New River Leisure Centre

Just turn up? No, book in advance

Book: www.thrulife.uk

Call: 07944 854719

Inclusion: ●

Venues Directory

Alexandra Primary School

Western Road, N22 6UH

Bruce Castle Museum

Lordship Lane, N17 8NU

Bruce Grove Youth Space
10 Bruce Grove, N17 6RA

Broadwater Farm Community Centre

Adams Road, Tottenham,
London, N17 6HE

Brunswick Park

Brunswick Road, N15 5ES

Chestnuts Park

St Ann's Road, N15 5BN

Coldfall Woods

N10 1BN

Coolhurst Tennis & Squash Club

N8 8EY

Down Lane Recreation Ground

43a Park View Road,
Tottenham, London, N17
9AU

Duke's Aldridge Academy

Worcester Avenue, N17
0TU

Enfield Playing Fields astro

Peachtree Close, EN1 3PT

Fairlands Park

Falkland Road/Fairfax Road,
N8 0NH

Frederick Knight Sports Ground

Willoughby Lane,
Tottenham, N17 0SL

Greig City Academy

Hornsey, N87NU

Haringey Sixth Form College

White Hart Lane, N17 8HR

Hartington Park

1 Stirling Road, N17 9UN

Highgate Cricket & Tennis Club

Shepherd's Cot, Off Park Road
Crouch End / Highgate, N8
8JJ

Highgate Primary School,

Storey Road, N6 4ED

London Boxing Academy Gym

Alongside New River Leisure
Centre, White Hart Lane
N22 5QW

Lordship Recreation Ground

Higham Road N17 6NU

Markfield Beam Engine & Museum

Markfield Park, Tottenham,
N15 4RB

Mulberry Academy Woodside

White Hart Lane, London
N22 5QJ

Muswell Hill Methodist Church

Pages Lane, London, N10
1PP

New River Leisure Centre

White Hart Lane, N22 5QW

Percy House

Tottenham High Road, N17
0BX

Priory Park

(behind the tennis courts),
N8 8LN

"Project 2020

Off Road Hub
Ground Floor, Kenneth
Robbins House,
London, N17 0QA

St Thomas More School

1 Crofts Lane, London, N22
5HN

The Devonshire Hill Nursery & Primary School,

Weir Hall Road, London N17
8LB

The Selby Centre

Selby Road, Tottenham,
N17 8JL

Tottenham Community Sports Centre

701 - 703 High Road,
Tottenham, London, N17
8AD