

sport unlimited

| ACTIVITY | START DATE | NUMBER OF SESSIONS | VENUE | DAY AND TIMES OF SESSIONS | Ages | CONTACT DETAILS |
|----------------------|--------------------------|--------------------|---|---|-----------------------------------|--|
| Athletics | 5 th Oct 09 | 10 | Sacred Heart School, Oakleigh Park South, Whetstone N20 | Monday 7-8pm | 13-19 year olds | Barnet and District Athletics Club Mel Parker 020 8411 5893 m.parker@mdx.ac.uk |
| Dance | 30 th Sept 09 | 10 | East Barnet School, Chestnut Grove, East Barnet, EN4 8PU | Wednesday 3.50-4.50pm 5.00-6.00pm | Yr 8 Yrs 5-7 £2 per session | Lemon Jellys Hayley Carver 07595 512 578 haycarver@hotmail.com |
| Dance – American Tap | 19 th Sept 09 | 10 | Freehold Community Centre, 9 Alexandra Rd, Muswell Hill, N10 2EY | Saturday 5.30-6.30pm | 11-19 year olds £2 per session | Showstoppers Sarah MacMull 020 8441 2554 / 07979 574 364 Sarah_lou20@hotmail.com |

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| Dance – Street Dance | 16 th Oct 09 | 10 | Church Farm Youth Club, Church Hill Road, East Barnet EN4 8XE | Friday 6.30-7.30pm | 11-19 year olds | YMCA Hornsey Marcella Amartey 07726 337 758 Marcella.Amartey@ymcahornsey.org.uk |
| Martial Arts | 3 rd Oct 09 | 10 | Grahame Park Youth Centre, Grahame Park Way, NW9 5RA | Saturday 12-2pm | 8-19 year olds, £2 per session | SAS Martial Arts Academy 020 7267 9000 / 07818 034 017 kareemalhirsi@sas-martialarts.co.uk |
| Multi-Sports | 13 th Oct 09 | 10 | Church Farm Youth Club, Church Hill Road, East Barnet EN4 8XE | Tuesday 7.30-8.30pm | 11-19 year olds | YMCA Hornsey Marcella Amartey 07726 337 758 Marcella.Amartey@ymcahornsey.org.uk |
| Squash | 30 th Sept 09 | 10 | Southgate Squash & Racketball Club, Walker | Wednesday 5-5.45pm & | 8-16 year olds | Southgate Squash & Racketball Club |

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| | | | Cricket Ground, N14 7JZ | 5.45-6.30pm | | Vicki Prow 07904 300 288 vickiepro@btinternet.com |
| Trampolining | 19 th Sept 09 | 10 | Woodhouse college, Woodhouse Rd N12 9EY | Saturday 2-4pm | 9+ year olds | Barnet Trampolining Club 020 8369 7818 barnettrampoliningclub@hotmail.co.uk |
| Weightlifting | 9 th Oct 09 | 10 | Church Farm Youth Club, Church Hill Road, East Barnet EN4 8XE | Friday 7.30-8.30pm | 11-19 year olds | YMCA Hornsey Marcella Amartey 07726 337 758 Marcella.Amartey@ymcahornsey.org.uk |