

## What's on The Edge Seniors Easter Holiday Programme

at Young Hackney, The Edge 7 Woodberry Grove, N4 1SN



This year our Easter Holiday Programme will run from Monday 8<sup>th</sup> April to Thursday 18<sup>th</sup> April 2019 From 4pm to 8pm for the ages 13 to 19 years Every day Open Access will take place from 4-8pm

Monday 8 <sup>th</sup> April	Tuesday 9 <sup>th</sup> April	Wednesday 10 <sup>th</sup> April	Thursday 11 <sup>th</sup> April	Friday 12 <sup>th</sup> April
4-5:30pm: Transition:	4-5:30pm: Transition:	4-5:30pm: Transition:	4-5:30pm: Transition:	4-5:30pm: Transition:
Chicken Wraps	Cocktails	Smoothies/ Monster Shakes	Pancakes & Fruit	Something In Pitta
4-5:30pm: The Challenge:	4-5:30pm: The Challenge:	4-5:30pm: The Challenge:	4-5:30pm: The Challenge:	4-5:30pm: The Challenge:
Making Planes	Trivial Pursuit Quiz	Creative Origami	High Tower	Football in Bin
4-6pm: Cycle Riding	<b>4-6pm:</b> Cycle Riding	4-6pm: Cycle Riding	4-6pm: Cycle Riding	4-6pm: Cycle Riding
6-7pm: CV Writing & Job	6-7pm: CV Writing & Job	6-8pm: Health & Wellbeing	4-8pm: Exotic Mass: Carnival	4-8pm: Fifa 19 Competition
Search Drop In	Search Drop In	Drop In	Dance Auditions	6:30-8pm: LGBTQ+ Drop In
6-8pm: CHYPS+ Sexual	6-7:30pm: Boxing	6-8pm: Prospects	6:30-7:45pm: Boxing	6:30-8pm: Boxing
Health Drop In	6-7:30pm: English Tuition	Employment Drop In	6:30-8pm: LGBTQ+ Drop In	6:30-8pm: Multi Sports
Competition	6-8pm: Studio Sessions	6-8pm: Studio Sessions	6:30-8pm: Multi Sports	
6:30-7:30pm: African Dance	(appointment only)	(appointment only)		
& Drumming	6:30-7:45pm: Young Men's	6:30-7:30pm: Active Within		
6:30-8pm: The Kitchen:	Group	Yoga		
Healthy Meal	6:30-7:45pm: Young	6:30-7:45pm: Boccia		
6:30-8pm: Multi Sports	Women's Group	Football		
6:30-8pm: Card Games	6:30-8pm: Multi Sports	6:30-8pm: The Kitchen:		
Evening		Exploring New Foods		
		6:30-8pm: Multi Sports		



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## Every day Open Access will take place from 4-8pm

Monday 15 <sup>th</sup> April	Tuesday 16 <sup>th</sup> April	Wednesday 17 <sup>th</sup> April	Thursday 18 <sup>th</sup> April
<ul> <li>4-5:30pm: Transition: Eggs-periment</li> <li>4-5:30pm: The Challenge: Press Up/ Sit Up/ Skipping</li> <li>4-6pm: Young Entrepreneurs</li> </ul>	<ul> <li>4-5:30pm: Transition: Falafel Wraps</li> <li>4-5:30pm: The Challenge: Making</li> <li>Catapults</li> <li>4-6pm: Table Tennis Tournament</li> </ul>	<b>3-6pm:</b> Wall Lamp Making & Coding <b>4-5:30pm:</b> Transition: Smoothies/ Monster Shakes <b>4-5:30pm:</b> The Challenge: Blindfold	<ul> <li>4-5:30pm: Transition: Something in Pitta</li> <li>4-5:30pm: The Challenge: Cards Tower</li> </ul>
<ul> <li>4-6pm: Healthy Eating Workshop: Making Shakes</li> <li>6-7pm: CV Writing &amp; Job Search Drop In</li> <li>6-8pm: CHYPS+ Sexual Health Drop In</li> </ul>	<ul> <li>6-7pm: CV Writing &amp; Job Search Drop In</li> <li>6-7:30pm: Boxing</li> <li>6-8pm: Studio Sessions (appointment only)</li> <li>6:30-7:45pm: Young Men's Group</li> </ul>	Trail <b>4-6pm:</b> Healthy Eating Workshop	<ul> <li>4-6pm: Arsenal in the Community: 4- a-side Football Tournament (MUGA)</li> <li>6:30-7:45pm: Boccia Football</li> <li>6:30-7:45pm: Boxing</li> <li>6:30-8pm: LGBTQ+ Drop In</li> <li>6:30-8pm: Multi Sports</li> </ul>
Competition 6:30-7:30pm: African Dance & Drumming 6:30-8pm: The Kitchen: Healthy Meal 6:30-8pm: Multi Sports 6:30-8pm: Card Games Evening	6:30-7:45pm: Young Women's Group 6:30-8pm: Multi Sports	<u>Trip to Virtual</u> <u>Reality Arcade or</u> <u>Cinema</u>	

