



SUMMER HOLIDAY ACTIVITIES

For young people 13+

2021

FREE









Summerversity is back and larger than ever with over 100 free courses to help you enjoy your summer, learn new skills and make new friends. From sports, arts, cooking, music, tech and media there is something for everyone.

The Launchpad programme helps young people 16+ prepare for work, careers and further education. Many courses offer accreditations leading to a nationally recognised qualification – great for CVs.

Most courses are suitable for complete beginners. All venues are accessible and covid-secure.

A free lunch will be available with many of the courses.

Activities are free for young people aged 13 – 24 who live or study in Islington.

In this guide you will find the programme listing. Full details and how to book are on the website. If you need help booking drop into a youth hub.

www.summerversity.co.uk

EVERY WEEK SESSIONS

13-19yrs

GYM SESSIONS

Sobell Leisure Centre

Mondays 26 July – 23 August | 6.30 – 8pm

Lose weight, tone up and improve flexibility and strength

COOKING CHALLENGE

Lift Youth Hub

Mondays 26 July - 23 August | 3 - 6pm

Fun food games in the kitchen with Sharon Clarke

WELLBEING AND SPORTS

Copenhagen Youth Project

Mondays and Tuesdays 19 July – 24 August | 2 – 4pm

Rounders, cycling, crafts, badminton leading to a sports day

ARCHERY Lift Youth Hub

Mondays or Wednesdays 26 July – 25 August | 5 – 6pm or 6 – 7pm

Fun and safe intro to basic skills/techniques with Access to Sports

FOOTBALL CAMP

Elthorne Park

Mondays and Thursdays 26 July – 12 August | 12 – 1.30pm Work on ball skills, footwork, fitness and goal scoring

MINDFULNESS AND MEDITATION

Lift Youth Hub

Tuesdays 27 July - 24 August | 12.30 - 3pm

Practical skills and techniques to help improve your wellbeing

JOB CLUB

Lift Youth Hub

Wednesdays 21 July - 25 August | 10am - 4pm

Help with CV writing, job applications and interviews

HEALTH AND WELLBEING

The Zone

Thursdays 22 July - 19 August | 4.30 - 8pm

Tools to handle stress through yoga and wellbeing activities

GYM SESSIONS FOR GIRLS

Sobell Leisure Centre

Fridays 30 July - 27 August | 6.30 - 8pm

Lose weight, tone up and improve flexibility and strength

COOKING AROUND THE CONTINENTS Prospex Youth Hub

Fridays 30 July - 27 August | 11am - 2pm or 3 - 6pm

Prepare tasty dishes from around the world

FRIDAY FEAST

Lift Youth Hub

Fridays 30 July - 27 August | 3 - 6pm

Cooking for family and large groups of friends



CARNIVAL AND THEATRE PROJECT 14-24yrs

Spend your summer holidays preparing to be part of Re:Root The Awakening, a carnival-inspired theatre production and video with the Indigo Project.

The weekly sessions are at Lift Youth Hub from Friday 23 July – Monday 23 August.

MONDAYS

CREATIVE MINDS 11am - 12.30pm

Unleash your potential with meditation and hands on activities

YOGA PERFORMANCE 12.45 – 2pm

Yoga, movements and choreography preparing for the showcase

BODY PAINTING 2.45 – 4.30pm

Explore the art of body and face painting and theatrical make-up

HULA HOOP AND EXPRESSIVE DANCE 4.45 – 6.15pm

Learn tricks, basic weaves, waist hooping for a showcase routine

AFRO FUSION beginners 4.30 - 6pm / advanced 6.15 - 7.45pm
Be part of a carnival-inspired dance performance showcase

WEDNESDAYS

APPLIED DRAMA 11am – 12.45pm

Creating a theatrical experience through a range of practices

CREATIVE WRITING AND SPOKEN WORD 1 – 2.30pm

Writing our own stories and tapping into stories around us

VOCALS AND SOUNDTRACK

2.30 - 4pm

Improve your singing and create a soundtrack for the show

STAGING AND PROP DESIGN

3.15 - 4.30pm

Design, build and paint staging and props for the production set

TAI CHI PERFORMANCE

5.45 - 7.15pm

Improve balance and flexibility both physically and mentally

FRIDAYS

COSTUME MAKING

11am - 12.30pm

Making theatre costumes - designing, sewing and painting

COSTUME MAKING ADVANCED

12.45 - 2pm

Making theatre costumes - designing, sewing and painting

POP UP CREATIVE

3 - 4.30pm

Unique taster sessions of different carnival art forms

SAMBA DRUMMING

4.30 - 6pm

Drumming inspired by Brazilian, African and Caribbean rhythms

Theatre performances will be at 7pm on Thursday 26 and Friday 27 August at Platform Youth Hub.



SHORT COURSES - WEEK ONE

Monday 19 - Friday 23 July

POOL LIFEGUARDING AWARD 16–24yrs NPLQ accrediation can get you a job in the leisure industry	Cally Pool	8am – 5pm	Monday – Saturday
FOOTBALL REFEREE COURSE Very useful FA qualification that can lead to part-time work	Whittington Park Football Pitch	9am – 5pm	Wednesday and Thursday
THE NEXT STAGE ACTING MASTERCLASS 15–19yrs Taster session with the Royal Academy of Dramatic Arts	Platform Youth Hub	10am – 1pm	Thursday
SOCIAL MEDIA MIND with Franklin Boateng How to influence, make money and stay safe online	Lift Youth Hub	10.45am – 4pm	Monday – Thursday
WEBSITE IN A WEEK with Enterprise Starter Build a WordPress website for your brand or business 16–24yrs	Business Design Centre	11am - 3pm	Monday – Friday
STEPS TO WOMANHOOD Steps to building your confidence with Dionne Reid 15–24yrs	Lift Youth Hub	12 – 4pm	Monday – Thursday
THE NEXT STAGE PRODUCTION MASTERCLASS 15–19yrs Taster session with the Royal Academy of Dramatic Arts	Platform Youth Hub	2pm – 5pm	Thursday
SWIMMING LESSONS BEGINNERS Gain water confidence and learn basic swimming skills	Cally Pool	3 – 3.45pm	Monday – Friday

SHORT COURSES - WEEK TWO

Monday 26 - Friday 30 July

GET BEHIND THE CAMERA with LSA 13–16yrs Hair, makeup, sound, camera, script and costume workshops	London Screen Academy	10am - 12pm	Monday – Friday
CARPENTRY AND WOODWORK Introduction to traditional carpentry skills	Wood that Works	10am – 3pm	Monday – Friday
WEEK OF WATERSPORTS 13–16yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	10am - 12pm or 2.15 - 4.15pm	Monday – Friday
TRAINER AND T-SHIRT DESIGN with King of Trainers 13–24yrs Concepts, branding, design tools and sales	Lift Youth Hub	10.45am – 4pm	Monday – Thursday
BIKE MAINTENANCE with YES Outdoors 13–19yrs Learn how to fix and maintain a bike - and you get to keep it!	Platform Youth Hub	11am - 1pm	Monday – Friday
ANIMATE, COLLABORATE with Cubitt Artists 13–18yrs Experiment with animation, photography, drawing and sound	Lift Youth Hub	11am - 3.30pm	Wednesday - Friday
WEBSITE IN A WEEK with Enterprise Starter Build a WordPress website for your brand or business 16–24yrs	Business Design Centre	11am - 3pm	Monday – Friday
SWIMMING LESSONS BEGINNERS 13–16yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am – 12.15pm	Monday – Friday
GAMING TOURNAMENTS with Gain Ctrl 13–16yrs Win prizes playing video games on a cinema sized screen	Platform Youth Hub	12.30 – 5pm	Monday – Wednesday

SHORT COURSES - WEEK TWO

Monday 26 - Friday 30 July

GAMING TOURNAMENTS with Gain Ctrl Win prizes playing video games on a cinema sized scree	16–24yrs en	Platform Youth Hub	12.30 – 5pm	Thursday – Friday
MULTI-SPORTS with Access to Sports Football, basketball, cricket, netball, archery and more	13-16yrs	Finsbury Park	1 – 3pm	Monday – Thursday
FOOTBALL SPORTS CAMP Work on ball skills, footwork, fitness and goal scoring	13-19yrs	Sobell Leisure Centre	1 - 3pm	Monday – Thursday
YOUTUBE START-UP Map, design and learn how to monetise YouTube	13-19yrs	SoapBox Islington	1 - 3pm	Monday – Friday
BIKE MAINTENANCE with YES Outdoors Learn how to fix and maintain a bike - and you get to ke	13–19yrs ep it!	Rose Bowl Youth Centre	3 – 5pm	Monday – Friday
BOX FIT with Access to Sports Fun non-contact training, bagwork and shadow boxing	13-19yrs	Platform Youth Hub	3 – 5pm	Monday – Thursday
GIRL GET ACTIVE with Access to Sports Gym, dance, fitness classes, dodgeball and more	13-19yrs	Lift Youth Hub	3 – 5pm	Monday – Thursday
CARIBBEAN COOKING Learn how to make patties, jerk chicken and more	13-21yrs	Lift Youth Hub	3 – 6pm	Tuesday – Thursday
BASKETBALL with Access to Sports Ball handling, footwork, fitness, teamplay and more	13-19yrs	London Metropolitan University	4 – 6pm	Monday – Thursday

SHORT COURSES - WEEK TWO

Monday 26 - Friday 30 July

WEEK OF WATERSPORTS 15–19yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	5 – 7pm	Monday – Friday
MOUNTAIN BIKING 15–19yrs Safe cycling, route planning and navigating round London	Islington Boat Club	6 – 8pm	Monday – Friday



SHORT COURSES - WEEK THREE

Monday 2 - Friday 6 August

SPORTS LEADERSHIP LEVEL 1 13–16yrs Nationally recognised qualification in sports leadership skills	Finsbury Park	10am – 4pm	Monday – Friday
WEEK OF WATERSPORTS 13–16yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	10am - 12pm or 2.15 - 4.15pm	Monday – Friday
ARTS AWARD SUMMER SCHOOL (wk 1) 13–19yrs Gain an Arts Award through film making and drawing	Lift Youth Hub	10.30am - 4pm	Tuesday – Friday
BE A MOVER AND SHAKER 16–24yrs Inclusive dance project, express yourself with All Change	Platform Youth Hub	11am - 4pm	Monday – Friday
READY STEADY WORK with Head Held High 13–24yrs Get ready for employment through creative tasks and activities	Platform Youth Hub	12 - 3pm	Monday – Friday
CREATING ART TUTORIAL VIDEOS 16–24yrs Make videos of your creations filmed in a local art gallery	Estorick Collection	11am - 4pm	Monday – Tuesday
ENTRY INTO EMPLOYMENT WORKSHOPS 16–24yrs Live job vacancies, apprenticeships and other job schemes	Lift Youth Hub	11am - 1pm	Wednesday
SWIMMING LESSONS IMPROVERS 13–16yrs For those that can swim a little bit but want to improve	Cally Pool	11.30am – 12.15pm	Monday – Friday
MUSIC PRODUCTION 13–24yrs Create, produce and perform music with Ableton Live	SoapBox Islington	1 – 3pm	Monday – Friday
DISCOVER TECH with SoapBox 13–19yrs Explore new tech like 3D Printing, VR, game design and music	The Zone	1 – 4pm	Friday

SHORT COURSES - WEEK THREE continued

Monday 2 - Friday 6 August

BIKE MAINTENANCE with YES Outdoors 13–19yrs Learn how to fix and maintain a bike - and you get to keep it!	Lift Youth Hub	2 - 4pm	Monday – Friday
FOOTBALL SPORTS CAMP Work on ball skills, footwork, fitness and goal scoring 13–19yrs	Finsbury Leisure Centre	2 – 4pm	Monday – Thursday
YOUNG ACTORS THEATRE TOOLKIT Getting you stage and screen ready - in a week 13–16yrs	Young Actors Theatre	2 – 5pm	Monday – Friday
BOX FIT TRAINING with Access to Sports 13–19yrs Fun non-contact training, bagwork and shadow boxing	Platform Youth Hub	3 – 5pm	Monday – Thursday
BAKING BASICS Learn how to make sponge cake, pastries and bread 13–21yrs	Lift Youth Hub	3 – 6pm	Tuesday – Thursday
BASKETBALL 13–19yrs Ball handling, footwork, fitness, teamplay and more	London Metropolitan University	4 – 6pm	Monday – Thursday
MIX AND BLEND with DJ Joss Simmons 13–19yrs Learn how to use decks and keep an audience entertained	Rose Bowl Youth Centre	4 – 6pm	Tuesday – Friday
GRAFFITI ARTS with Highbury Roundhouse Express yourself with spray paint 14–18yrs	Sotheby Mews Centre	4.30 - 8.30pm	Monday – Friday (ex Wed)
WEEK OF WATERSPORTS 15–19yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	5 – 7pm	Monday – Friday
MOUNTAIN BIKING 15–19yrs Safe cycling, route planning and navigating round London	Islington Boat Club	6 – 8pm	Monday – Friday

SHORT COURSES - WEEK FOUR

Monday 9 - Friday 13 August

WEEK OF WATERSPORTS 13–16yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	10am – 12pm or 2.15 – 4.15pm	Monday – Friday
ANIMAL CARE 13–15yrs Fun farm activities, perfect if you want to work with animals	Freightliners City Farm	10am - 1.30pm	Monday – Friday
MAKING ADVERTS FOR SOCIAL MEDIA 13–17yrs Insight into professional videos for TikTok, YouTube and Instagram	Platform Youth Hub	10am – 4pm	Monday – Friday
ARTS AWARD SUMMER SCHOOL (wk 2) 13–19yrs Gain an Arts Award through film making and drawing	Lift Youth Hub	10.30am - 4pm	Monday – Thursday
TRAINER AND T-SHIRT DESIGN with King of Trainers 13–24yrs Concepts, branding, design tools and sales	Platform Youth Hub	10.45am - 4pm	Monday – Thursday
STAND UP COMEDY COURSE Find the funny in life and make your friends laugh	Platform Youth Hub	11am - 3pm	Monday – Friday
SWIMMING LESSONS BEGINNERS 13–16yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am – 12.15pm	Monday – Friday
EMERGENCY FIRST AID AT WORK QUALIFICATION 16–24yrs Learn how to save a life and boost your CV	Mary's Youth Club	12 - 4pm	Monday – Tuesday
GAMES DESIGN 13–19yrs Developing industry standard skills using Maya and Unity	SoapBox Islington	1 – 3pm	Monday – Friday
DISCOVER TECH with SoapBox 13–19yrs Explore new tech like 3D Printing, VR, game design and music	Lift Youth Hub	1 – 4pm	Friday

SHORT COURSES - WEEK FOUR continued

Monday 9 - Friday 13 August

ATHLETICS 13 Coached track and field activities with Access to Sports	-16yrs	Finsbury Park	1.30 - 3.30pm	Monday – Thursday
VEGETARIAN AND VEGAN COOKING Learn the basics of curries, wraps, bakes and more	-21yrs	Lift Youth Hub	3 – 6pm	Tuesday – Thursday
MAKE YOUR OWN GO KART Learn how to make then race your own Go Kart	-19yrs	Rose Bowl Youth Centre	4 – 6pm	Monday – Friday
UPCYCLING FASHION AND TEXTILES 13 The skills to turn older clothes into this years fashion item	-16yrs s	Sotheby Mews Centre	4.30 – 8.30pm	Monday – Friday (ex Wed)
WEEK OF WATERSPORTS 15 Kayaking, paddleboarding, powerboating and canal trip	-19yrs	Islington Boat Club	5 – 7pm	Monday - Friday
MOUNTAIN BIKING Safe cycling, route planning and navigating round London	–19yrs	Islington Boat Club	6 – 8pm	Monday – Friday



SHORT COURSES - WEEK FIVE

Monday 16 - Friday 20 August

SIA SECURITY GUARD LICENCE 18–249 Get qualified for a job in the security industry, incudes first aid	Lift Youth Hub	9am - 5.30pm	Monday – Friday
MUSIC MAKERS LAB 13–18y Play a musical instrument and be in a band preparing to perfo	Diattorm Vouth Hub	10am - 3pm	Monday – Friday
CITY FARMING BUSINESS 15–24y Animal care, gardening, landscaping, maintenance, visitor servi	Freigntliners (ITV Farm	10am – 5pm	Monday – Friday
WEEK OF WATERSPORTS 13–169 Kayaking, paddleboarding, powerboating and canal trip	S Islington Boat Club	10am - 12pm or 2.15 - 4.15pm	Monday – Friday
THE SOCIAL MEDIA MIND with Franklin Boateng How to influence, make money and stay safe online	Platform Youth Hub	10.45am - 4pm	Monday – Thursday
ENTRY INTO EMPLOYMENT WORKSHOPS 16–249 Live job vacancies, apprenticeships and other job schemes	Lift Youth Hub	11am - 1pm	Wednesday
CREATIVE DANCE with Angel Shed Create a dance performance to share at the end of the week	City and Islington College Campus	11am - 4pm	Tuesday – Friday
SWIMMING LESSONS IMPROVERS 16–21y For those that can swim a little bit but want to improve	Cally Pool	11.30am – 12.45pm	Monday – Friday
EMERGENCY FIRST AID AT WORK QUALIFICATION 16–24y Learn how to save a life and boost your CV	Mary's Youth Club	12 - 4pm	Monday – Tuesday
TAG ARCHERY with Access to Sports 13–169 Action-packed game played with bows and foam-tipped arrow	Finshiiry Park	1 - 3pm	Monday – Thursday

SHORT COURSES - WEEK FIVE

Monday 16 - Friday 20 August

DISCOVER TECH 13–19yrs Explore new tech like 3D Printing, VR, game design and music	SoapBox Islington	1 – 4pm	Friday
INDEPENDENT LIVING COOKERY 13–19yrs Core cooking skills, budgeting and tasty good value recipes	Lift Youth Hub	3 – 6pm	Tuesday – Thursday
GET YOUR MOPED CBT LICENCE 16–24yrs Get qualified to make money as a delivery rider	Rose Bowl Youth Centre	4 – 6pm	Monday – Saturday
WEEK OF WATERSPORTS 15–19yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	5 – 7pm	Monday – Friday
MOUNTAIN BIKING 15–19yrs Safe cycling, route planning and navigating round London	Islington Boat Club	6 – 8pm	Monday – Friday



SHORT COURSES - WEEK SIX

Monday 23 - Friday 27 August

BECOME A CONFIDENT CYCLIST On-road cycle skills sessions plus a bike tour of Londo	13–17yrs n sights	Finsbury Park	10am - 12noon	Monday – Friday
WEEK OF WATERSPORTS Kayaking, paddleboarding, powerboating and canal to	13–16yrs rip	Islington Boat Club	10am - 12pm or 2.15 - 4.15pm	Monday - Friday
MAKING MONEY ONLINE with Franklin Boateng Income through safe platforms for retail, selling and to	16–24yrs rading	Lift Youth Hub	10.45am - 4pm	Monday – Thursday
SWIMMING LESSONS IMPROVERS For those that can swim a little bit but want to improve	13–16yrs e	Cally Pool	11.30am – 12.15pm	Monday – Friday
WEST AFRICAN DRUMMING Learn to play a traditional West African Djembe drum	13-19yrs	Rose Bowl Youth Centre	12 – 2pm	Monday – Friday
EMERGENCY FIRST AID AT WORK QUALIFICATION Learn how to save a life and boost your CV	16-24yrs	Mary's Youth Club	12 - 4pm	Monday – Tuesday
PERSONAL DEVELOPMENT COURSE with LEAP Learn about yourself with daily trips and activities	16-24yrs	Platform Youth Hub	12 – 5pm	Tuesday – Friday
AUDIO VISUAL PROJECT Create a music track and video in a week	13-19yrs	SoapBox Islington	1 - 5pm	Monday – Friday
TENNIS COACHING CAMP Forehand, backhand, serve and play with Access to Sp	13–19yrs ports	Highbury Fields	1 - 3pm	Monday – Thursday
BECOME A CONFIDENT CYCLIST On-road cycle skills sessions plus a bike tour of Londo	18–24yrs n sights	Finsbury Park	1 - 3pm	Monday – Friday

SHORT COURSES - WEEK SIX

Monday 23 - Friday 27 August

DISCOVER TECH with SoapBox 13–19yrs Explore new tech like 3D printing, VR, game design and music	Mary's Youth Club	1 - 4pm	Friday
MAKING PODCASTS ON LOCATION 13–19yrs Exploring mental health and careers in professional sports	Lift Youth Hub	2 – 5pm	Tuesday – Thursday
SPEND A LITTLE TO EAT A LOT Make large filling meals on a tight budget 13–21yrs	Lift Youth Hub	3 – 6pm	Tuesday – Thursday
WEEK OF WATERSPORTS 15–19yrs Kayaking, paddleboarding, powerboating and canal trip	Islington Boat Club	5 – 7pm	Monday – Friday
MOUNTAIN BIKING 15–19yrs Safe cycling, route planning and navigating round London	Islington Boat Club	6 – 8pm	Monday – Friday



Business Design Centre

52 Upper Street, N1 0QH

Cally Pool

229 Caledonian Rd, N1 0NH

City and Islington College Campus

444 Camden Road, N7 0SP

Elthorne Park

Hazellville Road, N19 3NF

Estorick Collection

39A Canonbury Square, N1 2AN

Finsbury Leisure Centre

Norman Street, EC1V 3PU

Finsbury Park

Seven Sisters Rd, N4 1EE

Freightliners City Farm

Sheringham Road, N7 8PF

Highbury Fields

Highbury Crescent, N5 5RR

Islington Boat Club

City Road Basin, 16 Graham Street, N1 8JX

Lift Youth Hub

45 White Lion Street, N1 9PW

London Metropolitan University

166 Holloway Road, N7 8DB

London Screen Academy

62-66 Highbury Grove, N5 2AD

Mary's Youth Club

Upper Street, N1 2TX

Platform Youth Hub

2 Tiltman Place, off Hornsey Road, N7 7EE

Prospex

Underground Youth Centre, Piper Close, N7 8TQ

Rose Bowl

St Paul's Park, Ramsey Walk, N1 2PT

SoapBox Islington

69 Old Street, EC1V 9HX

Sobell Leisure Centre

Hornsey Road, N7 7NY

Sotheby Mews Centre

Sotheby Road, N5 2UT

The Zone

28 Carleton Road, N7 0EQ

Young Actors Theatre

72 Barnsbury Road, N1 0ES

Wood That Works

66B Stoneleigh Terrace, N19 5TZ



MORE THINGS TO DO

In addition to Summerversity there are lots more free or low cost things to do in Islington.

Access to Sports Project	accesstosports.org.uk
Copenhagen Youth Project, N7 8TQ	cypproject.org
Freightliners Farm, N7 8PF	freightlinersfarm.org.uk
Highbury Roundhouse, N5 1XB	highbury-roundhouse.org.uk
Islington Boxing Club, N19 3LP	islingtonboxingclub.org
Lift Youth Hub, N1 9PW	liftislington.org.uk
Mary's Youth Club, N1 2TZ	marys.org.uk/youthclub
Platform Youth Hub, N7 7EE	platformislington.org.uk
Prospex, N7 8TQ	prospex.org.uk/holiday
Rose Bowl, N1 2PT	rosebowlislington.org.uk
SoapBox Islington, EC1V 9NJ	soapboxislington.org.uk
The Zone Youth Project, N7 0EQ	izzy – info.com
Young Actors Theatre, N1 0ES	youngactors.org.uk



Got your exam results?

Contact Islington Progress Team if you need advice about what to do next.
Call 020 7527 7031 or email progress@islington.gov.uk

Looking for a job or training?

Looking for an apprenticeship or training opportunity and aged between 16 and 24?
Call 020 7527 2706 for more information

Covid Safety

All activities are run in line with relevant governing body or industry guidelines on covid safety. Some changes may be necessary to this programme depending on the restrictions in place at the time. For example, some courses may need to move to outdoor venues or take place online, or numbers limited, or the course postponed. See website for latest details.

www.summerversity.co.uk