



HOLIDAY ACTIVITIES 2025

For young people 13+

FREE



ISLINGTON
= For a more equal future



City Farm Work Experience

SV
SUMMERSITY

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

Lots of the courses will help you prepare for work, careers and further education. Many courses offer accreditations leading to a nationally recognised qualification – great for CVs.

Activities are free for young people aged 13 – 24 who live or study in Islington. A free meal will be available with many of the courses. Most courses are suitable for beginners. All venues are accessible.

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

Summerversity is Islington Council's holiday programme for young people and is managed by Isledon Arts. Meals are funded by Islington Council's Holiday Activities and Food Programme and Lunch Bunch.

www.summerversity.co.uk

ONE DAY EVENTS

EMERGENCY FIRST AID AT WORK

Mary's Youth Club

How to save a life and gain a qualification to boost your CV
Wednesday 23 July | 11am - 5.30pm | 16-24yrs

SUSTAINABLE BUILDING

The Triangle

Insight into construction with Global Generation
Friday 15 August | 10am - 4pm | 13-19yrs

SNORKELLING AND SCUBA

Ironmonger Row Baths

Learn about basic kit, snorkelling and scuba diving skills
Thursday 31 July or 21 August | 7 - 9.30pm | 14-18yrs

GAMING TOURNAMENTS

SoapBox Islington

Compete on world-leading consoles - prizes to be won!
Friday 1 or 8 August | 3 - 5pm | 13-24yrs

Swimming Lessons with Better



SWIMMING LESSONS

Being able to swim opens the door to sports like kayaking and snorkelling. It is also great fun to go to the beach with your family and friends and swim in the sea. Swimming is also needed for lots of jobs including cabin crew and emergency services. These lessons are for people who can't swim, or feel a bit rusty.

WEEK ONE

Monday 21 - Friday 25 July

Archway Leisure Centre	3.30 - 4.15pm	13-15yrs
	3.30 - 4.15pm	16-21yrs
Cally Pool	11.30am - 12.15pm	13-15yrs
Highbury Pool	3.30 - 4.15pm	13-15yrs
	3.30 - 4.15pm	16-21yrs

WEEK TWO, FOUR AND SIX

Monday 28 July - Friday 1 August or Monday 11 - Friday 15 August or Monday 25 - Friday 29 August

Cally Pool	11.30am - 12.15pm	16-21yrs
Ironmonger Row Baths	12.15 - 1pm	13-15yrs

WEEK THREE AND FIVE

Monday 4 - Friday 8 August or Monday 18 - Friday 22 August

Cally Pool	11.30am - 12.15pm	13-15yrs
Ironmonger Row Baths	12.15 - 1pm	16-21yrs

EVERY WEEK SESSIONS

REWIND AND RELEASE

Copenhagen Youth Centre

Create, produce and release music and learn about the industry
Mondays and Tuesdays 28 July to 26 August | 7 - 9pm | 16-24yrs

ARCHERY

Lift Youth Hub

Fun and safe intro to basic skills/techniques with Access to Sports
Mons or Weds 21 July - 20 August | 5 - 6pm or 6 - 7pm | 13-19yrs

AFROFUSION DANCE FOR BEGINNERS

Lift Youth Hub

Fun dance class combining African and contemporary styles
Mondays 21 July - 18 August | 5.30 - 7pm | 13-19yrs

BOXING with Access to Sports

Sobell Leisure Centre

Fun non-contact training, bag work and shadow boxing
Tuesdays 22 July - 12 August | 4 - 5.30pm | 13-19yrs

ART THEMED ACTIVITIES FOR GIRLS

Highbury Roundhouse

Painting, collage, nature art walks and a museum trip
Tuesdays 22 July - 12 August | 4.30 - 7.30pm | 13-19yrs

WELLBEING AND CREATIVE ARTS

The Zone

Including yoga, hair and makeup and phone photography
Wednesdays and Thursdays 23 July - 14 August | 3 - 7pm | 13-19yrs

FITNESS AND GYM FOR GIRLS

Lift Youth Hub

Group workouts and personal fitness routines
Wednesdays 23 July - 20 August | 3.30 - 5pm | 13-19yrs

MEDITATION AND MINDFULNESS

Lift Youth Hub

Learn simple tools to feel calm, relaxed and improve your wellbeing
Wednesdays 30 July - 20 August | 4 - 7.30pm | 13-21yrs

MULTI-ACTIVITIES

Highbury Roundhouse

Includes gaming on Wednesdays and sport on Fridays
Weds and Fris 23 July - 15 August | 4.30 - 7.30pm | 13-19yrs

DANCE with Impulse from Project PAC

Lift Youth Hub

Different dance styles every week for beginners/intermediate
Wednesdays 23 July - 20 August | 5.30 - 7pm | 13-21yrs

SEWING AND GARMENT MAKING

Caxton House CC

Essential skills to make clothes and explore a career in fashion
Thursdays 24 July - 14 August | 11am - 6pm | 14-21yrs

CREATIVE CONTENT

Whittington Park CC

Social media and video masterclasses with Ambitious Academy
Thursdays 24 July - 14 August | 3 - 7pm | 13-24yrs

FRIDAY FEAST and/or SOCIAL

Lift Youth Hub

Cook up a feast before 6pm and/or eat, drink and chill from 6pm
Fridays 25 July - 22 August | 3 - 6pm and 6 - 8pm | 13-21yrs



Creative Content with Ambitious Academy

SHORT COURSES - WEEK ONE

Monday 21 – Friday 25 July

POOL LIFEGUARDING QUALIFICATION NPLQ accreditation can get you a job in the leisure industry	16-24yrs	Cally Pool and West Library YEH	8am - 4.30pm	Saturday - Thursday
STA SWIMMING TEACHERS COURSE Become a qualified level 2 swimming teacher with this award	16-24yrs	Ironmonger Row Baths	9am - 6.30pm	see website
OUTDOOR CATERING COURSE Planning, food preparation, cooking and customer service	14-21yrs	Lift Youth Hub	9.30am - 2pm	Monday - Friday
ANIMAL CARE Fun farm activities, perfect if you want to work with animals	13-16yrs	Freightliners City Farm	10am - 1.30pm	Monday - Friday
KAYAKING COURSE LEVEL 1 First time on the water - fun introduction to paddlesport	13-17yrs	Islington Boat Club	10.30am - 12.30pm or 1.30 - 3.30pm	Monday - Friday
MAKE A THEATRE PERFORMANCE Create and act in a show with Angel Shed	13-19yrs	Angel Shed Theatre	11am - 4pm	Tuesday - Friday



Outdoor Catering Course



Pool Lifeguarding at Cally Pool

SHORT COURSES - WEEK ONE continued

Monday 21 – Friday 25 July

TRAINER AND T-SHIRT DESIGN with King of Trainers 13-24yrs Concepts, personal branding, design and techniques	Lift Youth Hub	11am - 4pm	Monday - Thursday
GRAFFITI ARTS 14-18yrs Ignite an artist's passion and express yourself with spray paint	Highbury Roundhouse	1 - 3pm	Tuesday - Friday
VOLLEYBALL with Access to Sports 13-19yrs Ball handling, spiking, blocking, teamplay, fitness and more	London Metropolitan University	3 - 5pm	Monday - Thursday
INDEPENDENT LIVING COOKERY 13-21yrs Core cooking skills, budgeting and inspiring good value recipes	Lift Youth Hub	3.30 - 6.30pm	Monday - Wednesday
BARBERING 16-21yrs Learn to barber with one of the UK's top male stylists	Rose Bowl	4 - 7pm	Tuesday - Friday
MUSIC PRODUCTION WITH LOGIC PRO 13-15yrs Learn Logic Pro tools, programming, sampling and arrangement	Rose Bowl	4 - 7pm	Tuesday - Friday

Graffiti Arts with Highbury Roundhouse



SHORT COURSES - WEEK TWO

SIA SECURITY GUARD LICENCE (week 1 of 2) 18-24yrs
Get qualified for a job in the security industry, includes first aid

OUTDOOR CATERING COURSE 14-21yrs
Planning, food preparation, cooking and customer service

MUSIC MAKERS LAB 13-18yrs
Sing, play an instrument and be in a band preparing to perform

SPORTS LEADERSHIP LEVEL 2 15-19yrs
Nationally recognised qualification in sports leadership skills

KAYAKING COURSE LEVEL 1 13-17yrs
First time on the water - fun introduction to paddlesport

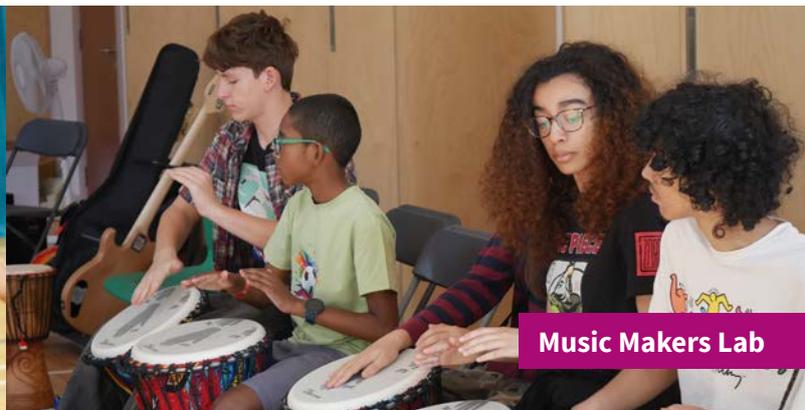
BICYCLE MAINTENANCE 13-19yrs
Learn how to fix and maintain a bike - and get to keep it!

Monday 28 July – Friday 1 August

Lift Youth Hub	9am - 5.30pm	Wednesday - Friday
Lift Youth Hub	9.30am - 2pm	Monday - Friday
Lift Youth Hub	10am - 3pm	Monday - Friday
Finsbury Park	10am - 4pm	Monday - Friday
Islington Boat Club	10.30am - 12.30pm or 1.30 - 3.30pm	Monday - Friday
Lift Youth Hub	11am - 1.30pm	Monday - Friday



Basketball for Girls



Music Makers Lab

SHORT COURSES - WEEK TWO continued

Monday 28 July – Friday 1 August

MAKING PODCASTS Covers content creation, audio equipment, recording and editing	15-21yrs	Lift Youth Hub	11am - 2pm	Monday - Thursday
FANTASY AND SPECIAL EFFECTS MAKEUP Skills to transform using cosmetics and everyday items	13-18yrs	Prospex	11am - 4pm	Wednesday - Friday
FOOTBALL SPORTS CAMP Work on ball skills, footwork, fitness and goal scoring	13-16yrs	King Square Gardens	1 - 3pm	Monday - Thursday
TENNIS COACHING CAMP Forehand, backhand, serve and play with Access to Sports	13-19yrs	Rosemary Gardens	1 - 3pm	Monday - Thursday
MULTI-SPORTS Football, basketball, cricket, netball, archery and more	13-16yrs	Finsbury Park	1 - 3pm	Monday - Thursday
MUSIC PRODUCTION WITH ABLETON LIVE Basics of MIDI, music structure, programming and mixing	13-24yrs	SoapBox Islington	1 - 3pm	Tuesday - Friday
UPCYCLING FASHION AND TEXTILES Learn the skills to turn older clothes into this year's fashion items	13-19yrs	Highbury Roundhouse	1 - 3.30pm	Tuesday - Friday
BASKETBALL FOR GIRLS with Access to Sports Ball handling, footwork, fitness, teamplay and more	13-19yrs	London Metropolitan University	2 - 4pm	Monday - Thursday
VEGETARIAN AND VEGAN COOKING Learn the basics of curries, wraps, bakes and more	13-21yrs	Lift Youth Hub	3.30 - 6.30pm	Monday - Wednesday
BASKETBALL with Access to Sports Ball handling, footwork, fitness, teamplay and more	13-19yrs	London Metropolitan	4 - 6pm	Monday - Thursday
MUSIC PRODUCTION WITH LOGIC PRO Learn Logic Pro tools, programming, sampling and arrangement	16-19yrs	Rose Bowl	4 - 7pm	Tuesday - Friday

SHORT COURSES - WEEK THREE

Monday 4 – Friday 8 August

POOL LIFEGUARDING QUALIFICATION NPLQ accreditation can get you a job in the leisure industry	16-24yrs	Cally Pool and West Library YEH	8am - 4.30pm	Monday - Saturday
SIA SECURITY GUARD LICENCE (week 2 of 2) Get qualified for a job in the security industry, includes first aid	18-24yrs	Lift Youth Hub	9am - 5.30pm	Monday – Friday
SPORTS LEADERSHIP LEVEL 1 Nationally recognised qualification in sports leadership skills	13-16yrs	Finsbury Park	10am - 3pm	Monday - Friday
BACKSTAGE THEATRE AND FILM Lighting, sound, camera, stage management, costume and design	15-24yrs	National Youth Theatre	10am - 5pm	Monday - Friday
BECOME A CONFIDENT CYCLIST On-road cycle skills sessions plus a bike tour of London sights	13-19yrs	Finsbury Park	10am - 12noon or 1 - 3pm	Monday - Friday
ROLLER SKATING Get some skates on and enjoy the fun	13-19yrs	Finsbury Park	10.30am- 12.30pm	Monday – Thursday
MULTI-ACTIVITIES FOR YOUNG PEOPLE WITH SEND Arts, crafts, gym, sports, games and team-building	12-18yrs	Lift Youth Hub	11am - 3pm	Monday - Thursday



National Youth Theatre



Nail Art

SHORT COURSES - WEEK THREE continued

Monday 4 – Friday 8 August

SONGWRITING AND RECORDING with Dionne Reid 16-24yrs From crafting lyrics to studio recording and performing	Lift Youth Hub	11am - 3pm	Monday - Wednesday
WOODWORK with Global Generation 13-19yrs Practical DIY skills using tools to make outdoor furniture	Lift Youth Hub	11am - 4pm	Wednesday - Friday
GIRLS FOOTBALL 13-18yrs Work on ball skills, footwork, fitness and goal scoring	Elthorne Park	12 - 1.30pm	Monday - Thursday
PHOTOGRAPHY AND VIDEOGRAPHY 13-24yrs Cameras, composition, balance, colour, lighting and photo editing	SoapBox Islington	1 - 3pm	Tuesday - Friday
CHEERLEADING with Mary's Youth Club 13-19yrs Action-packed fun mix of dance, gymnastics and teamwork	Islington Boat Club	2 - 4pm	Monday - Friday
BASKETBALL FOR GIRLS with Access to Sports 13-19yrs Ball handling, footwork, fitness, teamplay and more	London Metropolitan University	2 - 4pm	Monday - Thursday
NATURAL BEAUTY AND CREATIVITY with Indigo Arts 13-19yrs Making perfumes, baths salts, body oil, jewellery and more	Lift Youth Hub	3.30 - 6.30pm	Monday - Thursday
CARIBBEAN COOKING 13-21yrs Learn how to make gizzadas, dumplings, festivals and fruitcakes	Lift Youth Hub	3.30 - 6.30pm	Monday - Wednesday
BASKETBALL with Access to Sports 13-19yrs Ball handling, footwork, fitness, teamplay and more	London Metropolitan University	4 - 6pm	Monday - Thursday
VOICEOVERS FOR ADVERTS 13-19yrs Voiceover technique, equipment, recording and editing	Rose Bowl	4 - 7pm	Tuesday - Friday
NAIL ART AND INDUSTRY 16-21yrs Skills for manicures, polish, nail art and starting a business	Rose Bowl	4 - 7pm	Tuesday - Thursday

SHORT COURSES - WEEK FOUR

Monday 11 – Friday 15 August

OUTDOOR CATERING COURSE Planning, food preparation, cooking and customer service	14-21yrs	Lift Youth Hub	9.30am - 2pm	Monday - Friday
CITY FARM WORK EXPERIENCE Animal care, gardening, landscaping, maintenance, visitor services	15-24yrs	Freightliners City Farm	10am - 5pm	Monday - Friday
ROLLER SKATING Get some skates on and enjoy the fun	13-19yrs	Finsbury Park	10.30am-12.30pm	Monday – Thursday
KAYAKING COURSE LEVEL 1 First time on the water - fun introduction to paddlesport	13-17yrs	Islington Boat Club	10.30am - 12.30pm or 1.30 - 3.30pm	Monday - Friday
MUSIC PRODUCTION AND SOUND DESIGN Introduction to Logic Pro software and basic composition	13-21yrs	Lift Youth Hub	11am - 2pm	Monday - Thursday
ATHLETICS Coached track and field activities with Access to Sports	13-16yrs	Finsbury Park	1 - 3pm	Monday - Thursday

Kayaking with Islington Boat Club



SHORT COURSES - WEEK FOUR continued

Monday 11 – Friday 15 August

SANDA KICKBOXING Self-defence and combat sport for all abilities	13-19yrs	Lift Youth Hub	1 - 4pm	Monday - Friday
MULTI-ACTIVITIES FOR YOUNG PEOPLE WITH SEND Arts, crafts, gym, sports, games and team-building	12-18yrs	Lift Youth Hub	1 - 5pm	Monday - Thursday
FENCING with Mary's Youth Club Develop power, balance and dexterity in this accredited course	13-19yrs	Popham CC	2 - 4pm	Monday - Thursday
GAMING WEEK Multi-format competitions on latest equipment and games	13-24yrs	SoapBox Islington	2 - 5pm	Tuesday - Friday
FITNESS BOOTCAMP Strength circuits, agility drills and fitness challenges	13-15yrs 16-19yrs	Rose Bowl	4 - 5.30pm 5.30 - 7pm	Tuesday - Friday
FOLEY SOUND DESIGN Create, record and sync sounds with on-screen action	13-19yrs	Rose Bowl	4 - 7pm	Tuesday - Friday



Gaming with SoapBox



Fencing with Mary's Youth Club

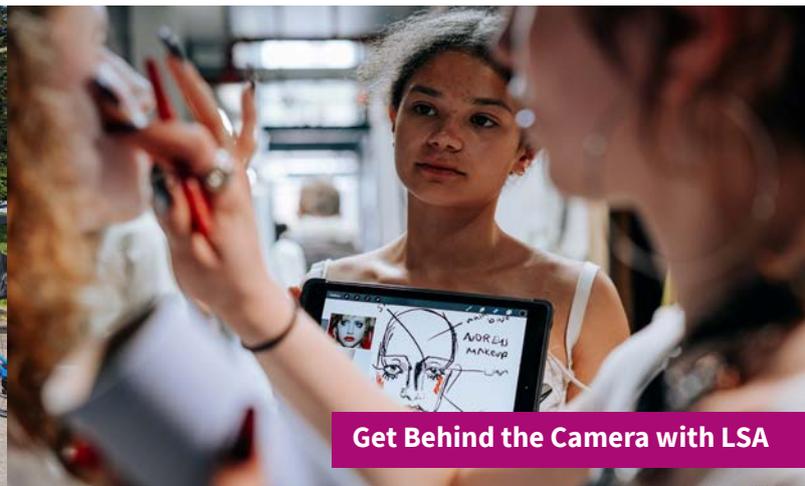
SHORT COURSES - WEEK FIVE

Monday 18 – Friday 22 August

OUTDOOR CATERING COURSE Planning, food preparation, cooking and customer service	14-21yrs	Lift Youth Hub	9.30am - 2pm	Monday - Friday
BECOME A CONFIDENT CYCLIST On-road cycle skills sessions plus a bike tour of London sights	13-19yrs	Finsbury Park	10am - 12noon or 1 - 3pm	Monday - Friday
GET BEHIND THE CAMERA WORKSHOPS with LSA Camera, sound, script, costume, music and visual effects	13-16yrs	London Screen Academy	10am - 3pm	Monday - Wednesday
KAYAKING COURSE LEVEL 1 First time on the water - fun introduction to paddlesport	13-17yrs	Islington Boat Club	10.30am - 12.30pm	Monday - Friday
COMPOSITION FOR FILM AND TV with Mkulu Music From creativity to software - making soundtracks for visuals	13-21yrs	Lift Youth Hub	11am - 2pm	Monday - Thursday



Become A Confident Cyclist



Get Behind the Camera with LSA

SHORT COURSES - WEEK FIVE continued

Monday 18 – Friday 22 August

TRAINER AND T-SHIRT DESIGN with King of Trainers 13-24yrs Concepts, personal branding, design and techniques	Lift Youth Hub	11am - 4pm	Monday - Thursday
FANTASY AND SPECIAL EFFECTS MAKEUP 13-18yrs Skills to transform using cosmetics and everyday items	Prospex	11am - 4pm	Wednesday - Friday
TENNIS COACHING CAMP 13-19yrs Forehand, backhand, serve and play with Access to Sports	Finsbury Park	12.30 - 2.30pm	Monday - Thursday
SANDA KICKBOXING 13-19yrs Self-defence and combat sport for all abilities	Lift Youth Hub	1 - 4pm	Monday - Friday
KAYAKING COURSE LEVEL 2 13-17yrs Intermediate accredited paddling skills in City Basin	Islington Boat Club	1.30 - 3.30pm	Monday - Friday
MUSIC INDUSTRY CAREERS with Small Green Shoots 15-24yrs Join guest speakers for insight into different roles and pathways	Rose Bowl	2 - 5.30pm	Monday - Thursday



Music Industry Careers



Tennis

Angel Shed

Capital City College
Holloway Centre
444 Camden Road, N7 0SP

Archway Leisure Centre

MacDonald Road, N19 5DD

Cally Pool

229 Caledonian Road, N1 0NH

Caxton House Community Centre

129 St. John's Way, N19 3RQ

Copenhagen Youth Project

172 Copenhagen St, N1 0ST

Elthorne Park

Hazellville Road, N19 3NF

Finsbury Park

Seven Sisters Rd, N4 1EE

Freightliners City Farm

Sheringham Road, N7 8PF

Highbury Leisure Centre

Highbury Crescent, N5 1RR

Highbury Roundhouse

71 Ronalds Road, N5 1XB

Ironmonger Row Baths

Norman Street, EC1V 3AA

Islington Boat Club

City Road Basin,
16 Graham Street, N1 8JX

King Square Gardens

Lever Street, EC1V 7AN

Lift Youth Hub

45 White Lion Street, N1 9PW

London Metropolitan University

Science Centre, Hornsey Road,
N7 7DD

London Screen Academy

62-66 Highbury Grove,
N5 2AD

Mary's Youth Club

Upper Street, N1 2TX

National Youth Theatre

443-445 Holloway Road,
N7 6LW

Popham Community Centre

1 Popham Street, N1 8QX

Prosperx

Underground Youth Centre,
Piper Close, N7 8TQ

Rose Bowl Youth Centre

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

Rosemary Gardens

Southgate Rd, N1 3DU

SoapBox Islington

69 Old Street, EC1V 9HX

Sobell Leisure Centre

Hornsey Road, N7 7NY

The Triangle

Global Generation
York Way, N1 0AZ

The Zone

28 Carleton Road, N7 0EQ

West Library Youth Employment Hub

Bridgeman Rd, N1 1BD

Whittington Park Community Centre

Yerbury Road, N19 4RS



Make a Theatre Performance with Angel Shed

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
Andover Youth Club	izzy-info.com
Copenhagen Youth Project, N1 0ST	cyproject.org
Freightliners Farm, N7 8PF	freightlinersfarm.org.uk
Highbury Roundhouse, N5 1XB	highbury-roundhouse.org.uk
Islington Boat Club, N1 8JX	islingtonboatclub.com
Lift Youth Hub, N1 9PW	liftislington.org.uk
Mary's Youth Club, N1 2TX	marys.org.uk/youthclub
Prospex, N7 8TQ	prospex.org.uk/holiday
Rose Bowl, N1 2PT	rosebowlislington.org.uk
SoapBox Islington, EC1V 9HX	soapboxislington.org.uk
The Zone Youth Project, N7 0EQ	izzy-info.com
Holiday Activities and Food Programme	izzy-info.com

Music Production





**Summerversity is Islington Council's holiday programme
for young people and is managed by Isledon Arts.**

www.summerversity.co.uk