



Hertsmere Party in the Park

FREE EVENT

Open to everyone

Party in the Park will stage some of London's hottest street dance acts, some of whom have featured in the recent StreetDance 3D movie and television's Britain's Got Talent PLUS local up-and-coming music artists, giant outdoor games and more. Hosted by comedy duo Fontz and Shae this is a day you don't want to miss so grab your mates, bring a picnic and get on down to this new event for some real fun in the sun.

When: Friday 30 July.

Time: 2pm - 6pm

Where: Aberford Park, Borehamwood.



Outdoor adventure sports

ONLY £10
for Hertsmere residents or £20 for non-residents

Outdoor activities day at Herts Young Mariners Base in Cheshunt! Paddle, climb or burrow and enjoy your summer in the great outdoors!

When: Four dates to choose from. Tuesday 10 August (Climbing, Caving, Canoeing), Wednesday 11 (Climbing, Kayaking, Bell Boating), Thursday 12 (Caving, Kayaking, Climbing), Friday 13 (Raft Building, Kayaking, Bush Craft).

Time: 10am - 4pm

Pick up points: 9am Bushey Academy (main gate), 9.20am The Venue (car park) Borehamwood, 9.45am Potters Bar railway station.

Dropping off in reverse order between 4.15pm - 5pm

To book your place call 020 8207 7568



Karting & Krazzzzzy Golf

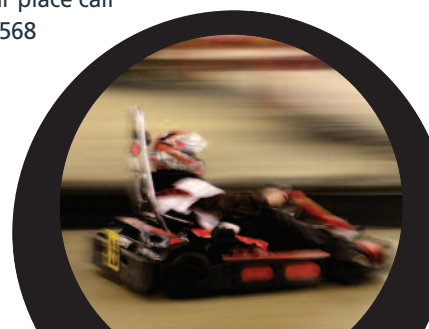
ONLY £12
for Hertsmere residents or £24 for non-residents

Look out Lewis Hamilton! Karting on an outdoor track! Come and experience the adrenalin rush of motor sport. We've thrown in the Crazy Golf for free.

When: Thursday 19 August.
Pick up points: 10.30am Bushey Academy (main gate), 10.50am The Venue (car park) Borehamwood, 11.15am Potters Bar railway station.

Dropping off in reverse order between 4.45pm - 5.15pm

To book your place call 020 8207 7568



Thorpe Park

ONLY £12
for Hertsmere residents or £24 for non-residents

Jump on board for a trip to the nation's excitement capital. Prepare for extreme thrills and fun on rollercoasters and water rides galore. NEW for 2010 is Saw Alive, the world's most extreme live action horror maze. Not for the faint-hearted.

When: Friday 20 August
Time: 10am - 9pm

Pick up points: 9.45am Potters Bar railway station, 10.10am The Venue (car park) Borehamwood, 10.30am Bushey Academy (main gate).

Dropping off in reverse order between 9pm - 9.30pm

To book your place call 020 8207 7568

Crazy Gladiator-style Challenge

ONLY £2.50
for Hertsmere residents or £5 for non-residents

Take part in Borehamwood's craziest challenge of the summer. Come by yourself or in a team and test your brain against your brawn in a load of Gladiator-style challenges, guaranteed to make you laugh till you cry!

When: Tuesday 24 August.

Time: 1pm - 4pm

Where: Hertswood School Upper Site, Thrift Farm Lane, Borehamwood.

To book your place call 020 8207 7568

Learn to Fish

FREE OF CHARGE
All ages welcome

Come along any time throughout the day and get a free fishing lesson - all ages and abilities welcome so just turn up and have a go. Tutors will provide all equipment free of charge. No need to book, just turn up.

When: Thursday 26 August.

Time: 9.30am - 4pm

Where: Oakmere Park, Potters Bar High Street, Potters Bar.

View www.hertsmere.gov.uk Call 020 8207 7568 Email community.services@hertsmere.gov.uk



Horse-riding Experience

ONLY £10
for Hertsmere residents or £20 for non-residents

For ages 11+

Think horse-riding looks fun? This is a one-off taster session where you will learn the basics. Your lesson will include how to look after a horse, what they eat, grooming and tacking up.

When: Eight dates to choose from. Any Tuesday or Friday from 3 August until 27 August.

Time: 10am - 12.30pm

Where: Penniwells Farm, Edgwarebury Lane, Elstree, WD6 3RG.

To book your place call 020 8207 7568

Jarman Park

ONLY £3.50
for Hertsmere residents or £7 for non-residents

Get a direct ride to Jarman Park for just £3.50 return. Whilst there you have the freedom to choose whatever you want to do from ice skating, aqua splash, bowling, cinema and restaurants.

PLEASE NOTE: The price above is for the transport only. You will need to bring money with you for anything that you want to do on the day.

Dates, pick up and drop off points:

Monday 2 August:
Elm Court Community centre, Potters Bar.
Pick up 1.30pm, drop off 8.30pm

Monday 9 August:
Hertsmere Borough Council, Elstree Way, Borehamwood, WD6 1WA.
Pick up 1.30pm, drop off 8.30pm

Wednesday 25 August:
Bushey High Street station.
Pick up 1.30pm, drop off 8.30pm
To book your place call 020 8207 7568



Arsenal coaching

FREE OF CHARGE

For all ages

Don't miss out on this exciting opportunity to take part in Arsenal football coaching. A chance to make new friends and learn new skills. No need to book, just turn up.

When: Monday 23 August.

Time: 6pm - 8pm

Where: Moatfield Park, Bushey.

Grounded @ The Forum

ONLY £10
or £8 with a BTDI Offer Voucher

Under 18s Club Night at The Forum in Hatfield. Three rooms of music RnB and Chart tunes, trance and ambient beats and grunge/indie/rock with special guest DJs and celebrity PAs. Price includes soft drinks all night and non-alcoholic cocktails.

Email community.services@hertsmere.gov.uk to get your discount voucher.

When: Friday 6 August.

Time: 8pm - 11pm

Where: The Forum, University of Hertfordshire, College Lane, Hatfield, AL10 9AB.

To find out more:
www.groundedu18.co.uk or
www.facebook.com/grounded.undereighteen.
0844 800 8296

Grounded
@ theforum



Fitness Offers throughout Hertsmere

Prices vary, starting at £1

Beaumonts Health Club Hertsmer Leisure Special Summer Offer: Gym Membership

ONLY £15

for 4 weeks

For 16 and 17 year olds

If you're in to keeping fit, this offer is definitely for you. At the bargain price of £15 for the whole of August you'd be mad to miss out! Sign up for your membership and get regular access to the gym, swimming pool and a wide range of classes. Feel good, look good and still have money left over to party!

Membership offer runs from Sunday 1 August to Tuesday 31 August.

To sign up or find out more call and ask to speak to the Membership Team:

The Venue: 0208 386 9886 or email venue.members@hertsmerleisure.co.uk

Bushey Grove: 01923 470140 or email bushey.members@hertsmerleisure.co.uk

Furzeffield: 01707 850596 or email furzeffield.members@hertsmerleisure.co.uk

Fitness @ Furzeffield, Potters Bar

For more information, or to book call The Furzeffield Centre on 01707 850500

Shokk Box For ages 13 to 15

A class packed with a punch! A great place to learn Boxing techniques and combinations using boxing gloves and mitts.

When: Every Monday from 2 August to 23 August.

Time: 2pm - 3pm

Shokk Gym

For ages 13 to 15

Specially designed for Under 18s, SHOKK Gym has the latest fitness equipment. Qualified instructors will be there to keep you motivated and make sure you have an energy packed experience.

When: Every Thursday and Friday from 5 August to 27 August.

Time: 10am - 11am



Fitness @ The Venue, Borehamwood

For more information, or to book call The Venue on 020 8386 9886

Boxing

For ages 13 and 14

Using boxing techniques and moves, with the help of pads and a trained coach, this class is great for those aged seven to 14.

When: Every Wednesday from 4 August to 25 August.

Time: 10.30am - 11.30am

Youth Gym

For ages 12 to 15

Want to get fitter? Why not come and try our fitness sessions? There's music to keep you motivated and moving.

When: Monday to Friday, every week from 2 August to 27 August.

Time: 10.30am - 11.30am

Fitness @ Bushey Grove

For more information, or to book call Bushey Grove on 01923 470140

Youth Gym

For ages 12 to 15

Want to get fitter? Why not come and try our fitness sessions? There's music to keep you motivated and moving.

When: Inductions Mondays, Wednesdays and Fridays, 10am - 11am

Gym Sessions Monday to Friday from 2 August to 27 August.

Time: 11am - 12pm



Get away for a day....

Day trip to London and Wicked Theatre show

ONLY £20

Enjoy sightseeing and shopping in the capital followed by a theatre visit to a top show!

When: Wednesday 18 August.

Time: 12pm - 8pm

To find out more details e.g. pick up points and book your place call Felicity on 01442 454060

Day at the seaside

ONLY £10

A trip to the seaside resort of Camber Sands – have fun on the beach, eat fish and chips, paddle in the sea or build sand castles, a perfect day out for the summer with your friends!

When: Saturday 7 August.

Time: 11am - 9pm

To find out more details e.g. pick up points and book your place call Felicity on 01442 454060



Closer to home....

Bushey Wheels motorcycle course

ONLY £10

Learn the basics of motorcycle riding and daily maintenance. Spread over three evenings, this course will deliver an AQA certificate on completion.

When: Choose from two options EITHER Tuesday 27 to Thursday 29 July OR Tuesday 10 to Thursday 12 August.

Time: 6pm - 9pm each day.

For young women who want to try motorcycling a **Girls Only Course** has been added.

When: Tuesday 10 August to Thursday 12 August.

To find out more and book your place call Felicity on 01442 454060



Live music event

ONLY £2.50
in advance or £5 on the door

Local young bands showcase their talents at Elm Court, Potters Bar. This event takes place on the second Saturday of every month.

When: Saturday 14 August.

Time: 7pm - 10pm

To find out more and book your place call Felicity on 01442 454060



Fun @ Three Ways

ONLY £1

Football and Sports plus It's 'All About ME' - beauty workshops and other activities at Three Ways, Borehamwood. Come down and see what's going on, no need to book just turn up.

When: Every Tuesday from 27 July to 17 August.

Time: 7pm - 9pm

To find out more call Felicity on 01442 454060

Elm Court multi-activity days

ONLY £2

A range of fun things to do ranging from DJ workshops, drama, fashion, dance, masterchef, sports and many more to choose from. Come along on any or all of the dates on offer!

When: Tuesday 27 July, Wednesday 28 July, Thursday 29 July, Friday 30 July, Tuesday 10 August, Wednesday 11 August, Thursday 12 August and Friday 13 August.

Time: 1.30pm - 5.30pm

To find out more and book your place call Felicity on 01442 454060

Sport @ Hertswood Centre

ONLY £2

A range of sport and dance to take part in. Weekly sessions that you can just drop in to and have some fun!

When: Saturday 31 July and Saturday 21 August.

Time: 7pm - 9pm

To find out more and book your place call Felicity on 01442 454060

Don't forget your balls – tennis camp

ONLY £2

Learn how to play tennis. Coaching by qualified and experienced tennis coaches. All abilities welcome. Come along on any or all of the dates on offer.

When: Tuesday 3 August, Wednesday 4 August, Thursday 5 August and Friday 6 August.

Time: 1pm - 4pm

To find out more and book your place call Felicity on 01442 454060

FREE SWIMMING for those aged 16 and under

Grab your friends, come down to your local leisure centre and cool down on a sizzling hot day. To add to the fun it's completely free if you are aged 16 and under. Free swim times are as follows:

	Monday	Wednesday	Friday	Saturday
Furzeffield	7.30am - 9.30am and 4pm - 6pm	7.30am - 9.30am and 4pm - 6pm		
The Venue	7.30am - 9.30am and 4pm - 6pm	7.30am - 9.30am and 4pm - 6pm	7.30am - 9.30am and 4pm - 6pm	1pm - 4pm
Bushey Grove	1pm - 3pm	1pm - 3pm	1pm - 3pm	

This offer is open to Hertsmere residents only.