

# Fitness offers throughout Hertsmere

Visit [www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk) for more details

Why not combine fun with a bit of fitness by taking part in a range of activities with Hertsmere Leisure this October half-term

## Fitness @ Bushey Grove Leisure Centre

Aldenham Road, Bushey, WD23 2TD

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

### Youth Gym

for ages 12 - 15

Want to get fitter? Why not come and try our fitness sessions? Trained instructors are on hand to offer advice on equipment and exercise.

**When:** Everyday from Monday 25 - Friday 29 October

**Time:** 11am - 12 noon

## Fitness @ Furzefield Centre

Mutton Lane, Potters Bar, EN6 3BW

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

### Shokk Gym

for ages nine - 15

Our 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:** Monday 25, Wednesday 27 and Friday 29

**Time:** 1pm - 2pm

### Spooky Splash

for ages nine - 15

Pool session with inflatables

**When:** Saturday 30 October

**Time:** 6pm - 7:30 pm

#### PLEASE NOTE:

- To attend a gym session you are required to do a one off induction. Check with centre for prices and times.
- Remember to bring change for a locker

## Fun and Fitness @ The Venue

Elstree Way, Borehamwood, WD6 1JY

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

### Youth Gym

for ages 12 - 15

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

**When:** Everyday from Monday 25 - Friday 29 October

**Time:** 10:30am - 11:30am

### Junior Boxing

for ages nine - 14

**When:** Wednesday 27 October

**Time:** 10am - 12 noon

### Spooky Street Dance

for ages nine - 16

**When:** Friday 29 October

**Time:** 4:30pm - 5:30pm (ages nine - 11) and 5:30pm - 6:30pm (ages 12 - 16)

### Table Tennis

Table and equipment for hire in 1-hour slots.

Check at centre for availability.

## Fun and Fitness @ Hertswood

Potters Lane, Borehamwood, WD6 5LG

For more information, or to book call the Hertswood Centre on 020 8387 5600

### All new haunted house experience

for ages nine - 14

Join us for a scary action packed 1/2 term

**When:** Monday 25 - Friday 29 October

### Spooky Skate

for ages nine - 14

**When:** Tuesday 26 October

**Time:** 5:30pm - 6:30pm

### Halloween Horrors Party

£3 per person

for ages nine - 14

**When:** Friday 29 October

**Time:** 7pm - 8:30pm

For more details visit

[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)



## FREE SWIMMING for those aged 16 and under

Grab your friends and come down to your local leisure centre for a swim. 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
Furzefield	7:30am - 9:30am 4pm - 6pm	7:30am - 9:30am 4pm - 6pm	7:30am - 9:30am 4pm - 6pm
The Venue	7:30am - 9:30am 4pm - 6pm	7:30am - 9:30am 4pm - 6pm	7:30am - 9:30am 4pm - 6pm
Bushey Grove	7:30am - 9:30am	7:30am - 9:30am	7:30am - 9:30am

*This offer is open to Hertsmere residents only.*

View [www.hertsmere.gov.uk](http://www.hertsmere.gov.uk) Call 020 8207 7568  
Email [community.services@hertsmere.gov.uk](mailto:community.services@hertsmere.gov.uk)

# be there! do it!

## What's on in Hertsmere this half-term and Fireworks Night?

Monday 25 October to Friday 5 November for ages nine - 19

The Be There! Do It! programme is back with some of your favourite activities from the summer plus some new additions with a spooky twist.

### INSIDE...

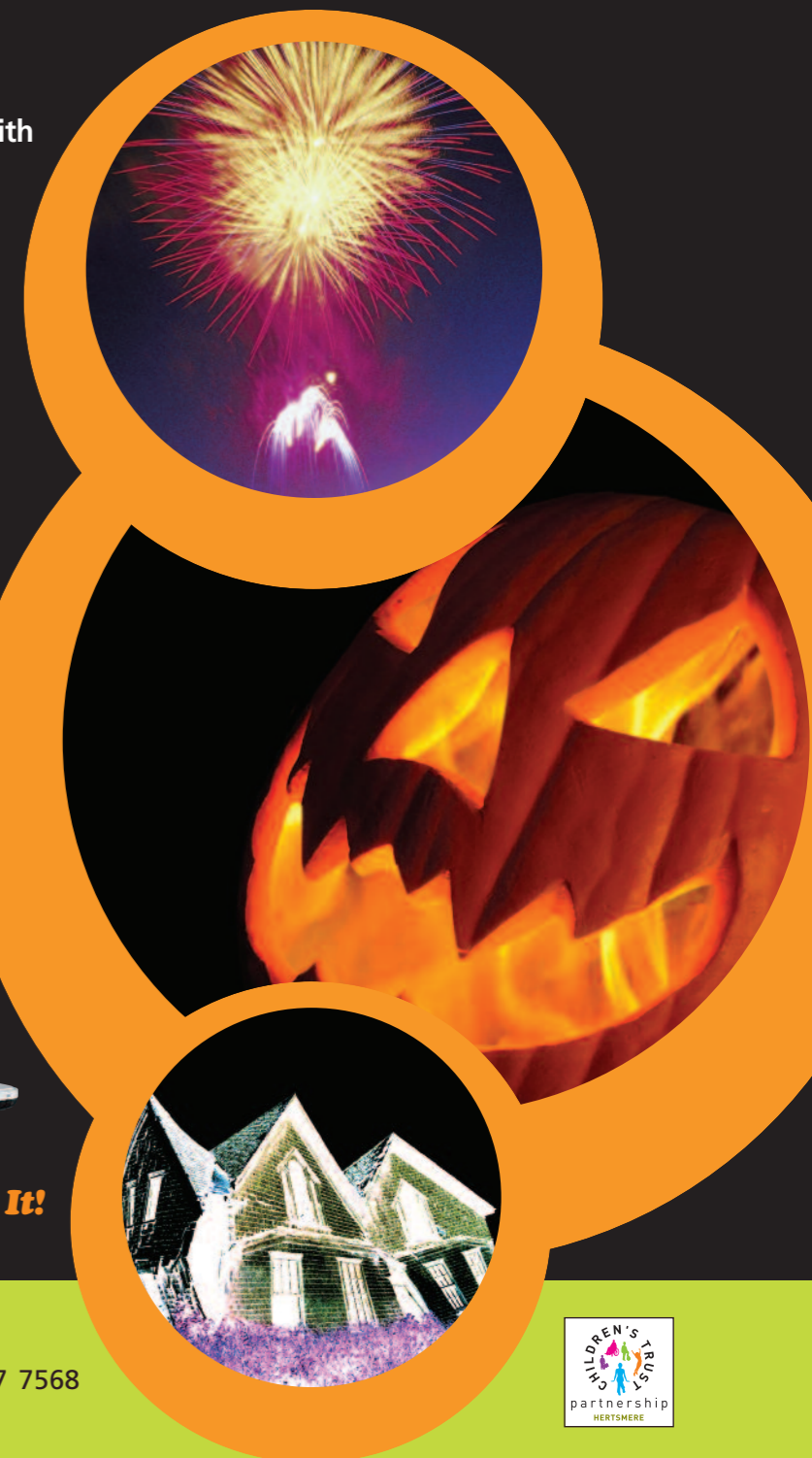
- Something for everyone at unbeatable prices
- Some activities completely FREE!
- Stay local or get out of town for the day
- Stuff to do with your friends, or with your family... or with both!
- Get spooked with special Halloween events
- Get glammed up for a night out at Hertfordshire's biggest U18's club night
- Get a head start on all your mates with our special driving school for 15 and 16 year olds.

## NEW Join our Facebook group



[www.facebook.com/Be There! Do It!](http://www.facebook.com/Be There! Do It!)

View [www.hertsmere.gov.uk](http://www.hertsmere.gov.uk) Call 020 8207 7568  
Email [community.services@hertsmere.gov.uk](mailto:community.services@hertsmere.gov.uk)



## Go-Karting

**ONLY £12**

for Hertsmere residents or £24 for non-residents

for ages nine - 15

Experience the thrill of being like Formula-1's Lewis Hamilton. Join the team of racers through the bends and turns that will challenge you and your co-ordination skills. Please bring your own packed lunch.

**When:** Monday 25 October

**Time:** 10:30am - 4pm

**Where:** Aylesbury Track Rouge, racing unit 11, Pembooke Road, Bucks

**Pick up points:** Pick up and drop off from Hertsmere Council Offices, Shenley Road, WD6 1WA

To book your place call 020 8207 7568.



## Arsenal Football Coaching

**ONLY £12 per day**

£30 for 3 days for Hertsmere residents or £20 per day/£50 for 3 days for non-residents

for ages nine - 13

Learn to play the Arsenal way! An excellent opportunity to gain new skills from professionally qualified Arsenal coaches. This is expected to be a sell-out so make sure you book your place now to avoid disappointment.

**When:** Monday 25, Tuesday 26 and Wednesday 27 October

**Time:** 10am - 3pm

**Where:** Pope Paul Catholic Primary School, Baker Street, Potters Bar, EN6 2ES.

To book your place call 020 8207 7568.

## Philimore Fun Day

**FREE OF CHARGE**

open to everyone

Your chance to join the youth club on wheels when the Rolling Base comes to Philimore Recreation Ground. On board you can create your own t-shirt, mix music, make CD's, learn nail art and much more. And whilst you're getting creative, you can also have your say on what you as a young person would like to see happening in the local village.

**When:** Tuesday 26 October

**Time:** 2pm - 4pm

**Where:** Phillimore Recreation Ground Car park, off Gills Hill, Radlett

No need to book, just turn up.

## Driving School Learn to drive: the basics

**ONLY £45**

for ages 15 - 16

Get a head start on all your mates with this one-day workshop, which will equip you with all the basics and prepare you for driving lessons. A fantastic opportunity for you to experience driving with a qualified instructor. You will start with workshops packed full of useful information which you will need to pass your test such as driving theory plus practical advice including life skills and buying a car. Once the basics are out of the way you'll have the chance to get behind the wheel for a driving session.

**When:** Tuesday 26 October

**Time:** 10am - 4pm

**Pick up points:** Pick up and drop off from Hertsmere Council Offices, Shenley Road, WD6 1WA

To book your place call 020 8207 7568.

## 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:** Two dates to choose from: Tuesday 26 October or Friday 29 October

**Time:** 10am - 12:30 pm

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

To book your place call 020 8207 7568.



## Family Day Trip to London and Parliament

**ONLY £10**

Per family for Hertsmere residents (max 4 people then £2.50 per additional person) or £20 for non-residents (max 4 people then £5 per additional person)

Enjoy a Family Day Trip to London, with the option of having a tour of the Houses of Parliament. It's your choice – either have the tour in the morning and the afternoon to spend as a family exploring the capital however you please, or spend the whole day as a family and visit many of the free attractions available.

This is for families that have a child age nine or over, younger siblings welcome – facilities available for pushchairs.

**When:** Wednesday 27 October

**Time:** Pick up at 9:30 am from Hertsmere Lower Site (Bus Stop) Cowley Hill, Borehamwood, WD5 5LG. Depart London for return at 4:30 pm.

To book your place call 020 8207 7568.

## Movie Fright Night

**ONLY £5**

for Hertsmere residents or £10 for non-residents

for ages 13 - 19

On Halloween weekend, do you dare to watch Blair Witch Project in the depths of the dark woods? If you're up for the challenge, step this way ...

Price includes movie, transport, sweets and drinks. Please wear warm clothes and appropriate footwear as this is an outdoor event and the ground may be muddy. Welcome to come in fancy dress.

**When:** Saturday 30 October

**Time:** 6pm - 11pm

**Where:** Danemead Woodlands, Cock Road, Broxbourne (scout campsite)

**Pick up points:** Coach pick up and drop off points in Bushey, Elstree, Radlett, Shenley, Borehamwood, South Mimms and Potters Bar.

First pick up at 6pm. Last drop off at 11pm.

To book your place call 020 8207 7568.

## Top Golf

**ONLY £5**

with transport or £4 without for Hertsmere residents or £10 with transport or £8 without for non-residents

for ages 13 - 19

Whether you're trying Golf out for the first time or are a seasoned pro, Top Golf is great for all golfing abilities – every golf ball has a computerised chip that tracks your shots accuracy and distance while awarding points by hitting targets ranging from 20 - 250 yards away. Come along for a bit of friendly competition with your mates.

Price includes two games of Top Golf, transport (optional), sweets and drinks. PLUS a month's membership to the centre. Please wear warm clothes as this is an outdoor event. Welcome to come in fancy dress.

**When:** Sunday 31 October

**Time:** 6pm - 10:30 pm

**Where:** Watford Top Golf Centre, Bushey Mill Lane, Watford, WD24 7AB

**Pick up points:** Coach pick up and drop off points in Radlett, Elstree, Bushey, Potters Bar, South Mimms, Shenley and Borehamwood.

First pick up at 6pm. Last drop off at 10:30 pm.

To book your place call 020 8207 7568.

## Meadow Park Fireworks Display

**FREE OF CHARGE**

open to everyone

Come along and marvel at a magical spectacle of fireworks choreographed to music. Festive fun for all ages.

**When:** Friday 5th November

**Time:** 7:30 pm

**Where:** Meadow Park, Broughing Road, Borehamwood

To find out more about the event visit [www.elstreeborehamwood-tc.gov.uk](http://www.elstreeborehamwood-tc.gov.uk) or telephone 020 8207 1382.

## Bonfire Night Special Club Night

**ONLY £10**

for Hertsmere residents or £13 for non-residents



for ages 13 - 18

Under 18's Club Night at The Forum in Hatfield. Three rooms of music RnB & chart tunes, trance & ambient beats and grunge/indie/rock with special guest DJs and celebrity PAs. To find out more about the event: [www.groundedu18.co.uk](http://www.groundedu18.co.uk) or [www.facebook.com/grounded.undereighteen](http://www.facebook.com/grounded.undereighteen)

Price includes transport, entrance to the event, soft drinks all night and non-alcoholic cocktails.

**When:** Friday 5 November

**Time:** 8pm - 11pm

**Where:** The Forum Hertfordshire in Hatfield, College Lane, Hatfield, AL10 9AB

**Pick up points:** Coach pick up and drop off points in Bushey, Elstree, Radlett, Shenley, Borehamwood, South Mimms and Potters Bar.

First pick up at 7pm. Last drop off at 12 midnight.

To book your place call 020 8207 7568.



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