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| **No.** | **Day / Date** | **Activity** | **Activity Description** | **Time** | **Age** | **Venue & Address** | **Contact** |
|  | Mon 22nd July  Mon 29th July  Mon 5th Aug  Mon 12th Aug  Mon 19th Aug | Indoor Sports | Participants will collectively choose on which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan. | 18:00-20:30 | 14+ | Osmani Sports Hall, E1 5AW | Abdul.hasnath@osmanitrust.org |
|  | Tue 27th July | Amaal: Girls BBQ in the roof garden | This will mark the opening of the Amaal Girls Summer Programme. The centre will also provide games and relaxing space. | 16:00- 19:00 | 12+ | Osmani Centre, E1 5AW | Rupina.begum@osmanitrust.org |
|  | Mon 29th July | Excursion: Cardrome Driving School | Opportunity for keen young drivers to test their driving skills and knowledge at a purpose built site that provides early education and practical driving skills for young learners aged 12 years old and over. | 14:00-17:00 | 12+ | Meeting at Osmani Centre, E1 5AW. *Spaces will need to be booked in advance.* | Abdul.hasnath@osmanitrust.org |
|  | Thurs 1st- Sun 4th Aug | SIA- Door Supervisor License Training | A fully paid 4 day training for young adults that maybe thinking of getting into paid work within the security industry. Candidates will need to pay for their own door supervisor’s license. | 9.30- 18.30 | 18 to 19 years old | Meeting at Osmani Centre, E1 5AW. *Spaces will need to be booked in advance.* | Abdul.hasnath@osmanitrust.org |
|  | Thurs 8th Aug | Excursion: Go-karting | We will be taking young people to Capital Karts, the biggest indoor karting in London | 17:00  20:00 | 14+ | Meeting at Osmani Centre, E1 5AW. *Spaces will need to be booked in advance.* | Abdul.hasnath@osmanitrust.org |
|  | Fri 9th Aug  Fri 16th Aug  Sat 17th Aug  Fri 23rd Aug | Accredited Training: Asdan Leadership Course | Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event | Fri- 17:00  20:00  Sat- 10:00-18:00 | 13+ | Delivered at the Osmani Centre | Abdul.hasnath@osmanitrust.org |
|  | Thurs 22nd Aug | Excursion: Flipout | Young people will be treated to an indoor trampoline park The  aim is simple, be active, run, jump and have awesome fun | 13:00-  17:00 | 12+ | Meeting at Osmani Centre, E1 5AW. *Spaces will need to be booked in advance.* | Abdul.hasnath@osmanitrust.org |
|  | Sat 31st Aug | Southend On Sea | We will be taking the girls that have been positively engaging in the Amaal Girls Summer Programme to southern theme park | 10:00- 18:00 | 12+ | Meeting at Osmani Centre, E1 5AW. *Spaces will need to be booked in advance.* | Rupina.begum@osmanitrust.org |