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Youth Services

HEATHAM HOUSE

AN AMAZING YOUTH CENTRE
IN THE HEART OF TWICKENHAM



achieving
for children



HEATHAM HOUSE



RECORDING STUDIO AND REHEARSAL ROOM



FOOTBALL PITCH



POOL AND TABLE TENNIS



BASKETBALL



SKATE PARK



TRIPS: ARCHERY



ACTIVITY: PHOTOGRAPHY

MONDAY

3.30 TO 5.30PM: INTERS SESSION (SCHOOL YEARS 7 TO 9)

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

4.30 TO 5.30PM: STREET DANCE 1 (8 TO 12 YEARS OLD)

6.00 TO 7.00PM: STREET DANCE 2 (13 TO 19 YEARS OLD)

Learn to street dance with sessions for both primary and secondary school aged young people with our talented and creative instructor. Beginners welcome. Contact us to register your interest and book onto future sessions.

5.30 TO 7.30PM: SENIORS SESSION PLUS (*11 TO 19 YEARS OLD)

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

*All sessions are for young people aged 11 and in secondary school to 19 years old, unless otherwise stated

TUESDAY

12.00 TO 2.00PM: COLLEGE DROP-IN

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

3.30 TO 5.30PM: TRANSITIONS SESSION (SCHOOL YEARS 5 TO 7)

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

3.00 TO 6.00PM: R.A.P: RECORDING AND PRODUCTION (*11 TO 19 YEARS OLD)

Session for young people interested in rapping, singing and producing urban music.

5.00 TO 6.00PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session, but is free for AfC referrals.

WEDNESDAY

3.30 TO 5.30PM: MUSIC LIFE SKILLS **(*11 TO 16 YEARS OLD)**

Session for young people interested in music production and developing band skills - young people need to be booked onto this session.

3.30 TO 5.30PM: SENIORS SESSION **(*11 TO 16 YEARS OLD)**

Activities include football, basketball, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

5.30 TO 7.30PM: SENIORS SESSION PLUS **(*11 TO 19 YEARS OLD)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

THURSDAY

12.00 TO 2.00PM: COLLEGE DROP-IN

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

3.30 TO 5.30PM: YOUNG WOMEN'S GROUP (*13 TO 19 YEARS OLD)

Drop in session exclusively for young women with activities including music, sports, arts, cooking, pool, table tennis and sessions based around issues impacting young women.

MONTHLY: R.A.P OPEN MIC NIGHT (*11 TO 19 YEARS OLD)

Open mic night for young people wanting to perform in the Heatham House rehearsal and performance space - young people can attend to perform or watch.

FRIDAY

12.00 TO 2.00PM: COLLEGE DROP-IN

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

3.30 TO 5.30PM: JUNIORS SESSION (SCHOOL YEARS 5 AND 6)

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

5.00 TO 6.00PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session but is free for AfC referrals.

6.00 TO 8.30PM: NO STRAIGHT ANSWER (*11 TO 19 YEARS OLD)

Drop in session for young people who identify as LGBTQ+. Activities include music, cooking, pool, table-tennis, art, chill out, sexual health information and more.

MONTHLY: 'SOUND CHECK' BAND NIGHT (*11 TO 19 YEARS OLD)

Band night for local youth bands to perform at - young people can attend to perform or watch.

IMPORTANT INFORMATION

All sessions and activities are **completely free** unless otherwise stated.

We are constantly running new activities within the youth sessions and evolving our youth programme. To stay up-to-date with everything that is happening at Heatham House follow us on our social media channels and check www.afcinfo.org.uk



If you would like more information about Heatham House and its youth sessions and activities, please contact:

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