



# MASBRO YOUTH CLUB

EASTER HALF TERM PROGRAMME 3<sup>rd</sup> June – 19<sup>th</sup> July

(11-19 year olds)



## SUMMER TERM PROGRAMME

3<sup>rd</sup> June – 19<sup>th</sup> July 2019

Masbro Youth Club is open 6-9pm MON, WEDS, FRI evenings  
and is free of charge to members

MASBRO YOUTH CLUB OFFERS SUPPORT & GUIDANCE TO CLUB MEMBERS LOOKING FOR WORK OR TRAINING OPPORTUNITIES. DROP-IN TO ONE OF OUR YOUTH CLUB SESSIONS TO FIND OUT MORE!

Mondays	Wednesdays	Fridays
6-7pm	6-7pm	6-7pm
Push 'N' Pull Gym Session free to all youth club members (13-19yr olds)	Push 'N' Pull Gym Session free to all youth club members (13-19yr olds)	Push 'N' Pull Gym Session free to all youth club members (13-19yr olds)
6-8pm	6-8pm	6-8pm
Football training Session with Coach Steve	T-Shirt Design (Design your own T-Shirt working through the stages of research, concept and implementation)	Arts & Crafts Take part in canvas painting, nail art, candle making and more)
6-9pm	6-9pm	6-9pm
Cooking Pool, Table Tennis, PS4, Nail Art, T-Shirt Design + More	Multi-Sports Cooking Pool, Table Tennis, PS4, Nail Art, T-Shirt Design + More	Multi-Sports Cooking Pool, Table Tennis, PS4, Nail Art, T-Shirt Design + More

## YOUTH COMMITTEE

Youth club members have the opportunity to join the Masbro Youth Club 'Youth Committee' where they are responsible for having a direct input in club programming on behalf of all club members.

## YOUTH CLUB INFORMATION

ALL PARTICIPANTS are required to sign a Club Registration & complete Consent Forms that cover participation in all youth work projects and activities throughout this programme.

### COOKING

A staple of our programme, this project teaches valuable skills around food preparation and how to work within a budget. Cooking sessions are often accredited, and we encourage parents to volunteer and show us their secret recipes!!

(All of our food is Halal, and we try to offer a Vegan option wherever we can)

### SPORTS

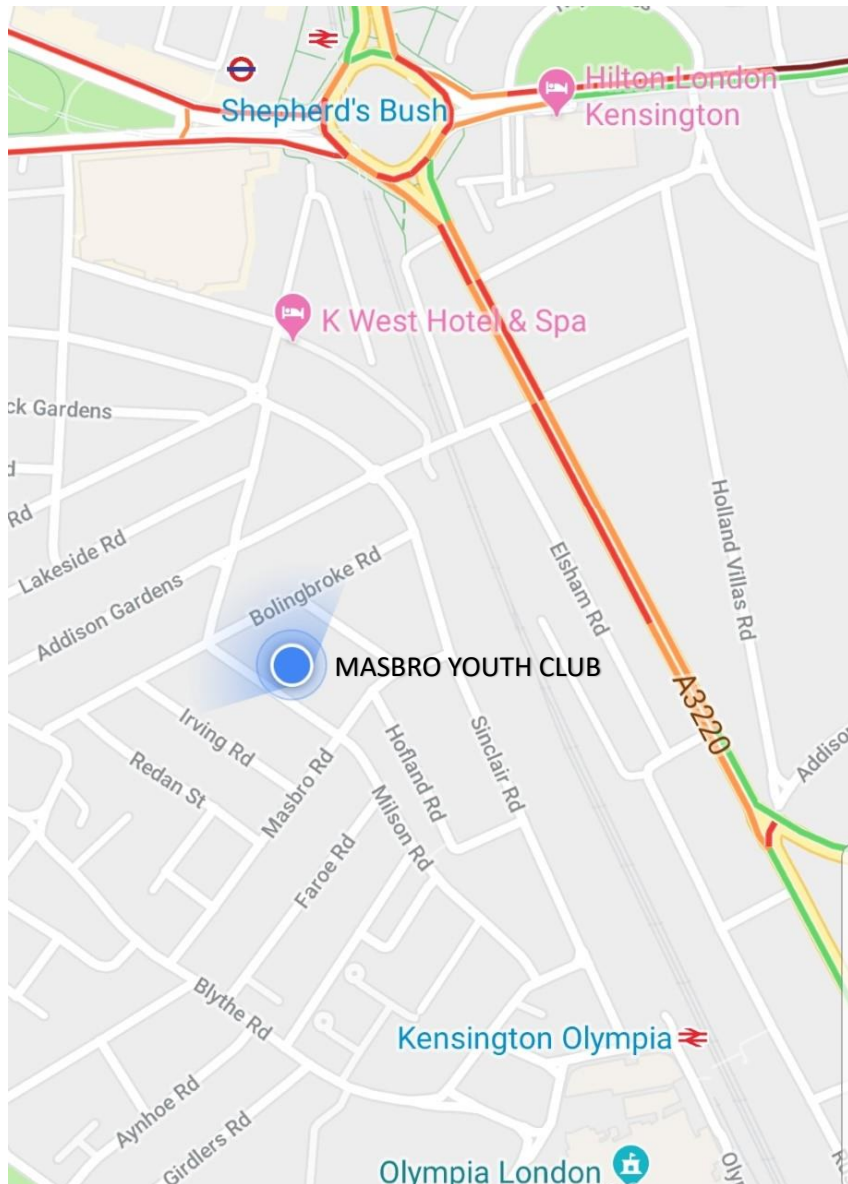
Sports sessions on our multi-sports pitch occur across our programme.

These include organized training sessions, tournaments and open-play sessions.

Football, Dodgeball, Tennis and Team-Building games are popular, but we try to work with members to provide alternative sports if they show an interest

### PUSH N PULL GYM

Every Monday, Wednesday & Friday evening from 6-7pm, members can train for FREE in calisthenics-based training methods, with qualified coaches who were once Masbro Youth Club members themselves!



## HOW TO FIND US

The address for the Masbro Centre where Masbro Youth Club is based is 87 Masbro Road, London W14 0LR.

The youth club entrance however is on Milson Road, highlighted on the map on the left by the blue dot.



@masbroyouthcentre



07525815251  
02076050800

## MASBRO YOUTH CLUB PLEDGE

### Masbro Youth Club Pledges to provide:

A safe, well equipped and welcoming environment, free from violence and aggression, where you can meet with your friends and enjoy activities.

Respect to all people who work with us.

### In return we ask you to:

To behave in a manner that is respectful to other users, the staff and equipment of Masbro Youth Club.