

what's on

Summer 2016

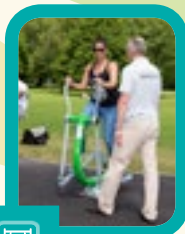


Celebrating summer in Barnet

what's on

This summer, our parks are full of fun activities for everyone.

With around 200 parks and open spaces, there are plenty of opportunities to get out and enjoy the sunshine.



Outdoor Gyms



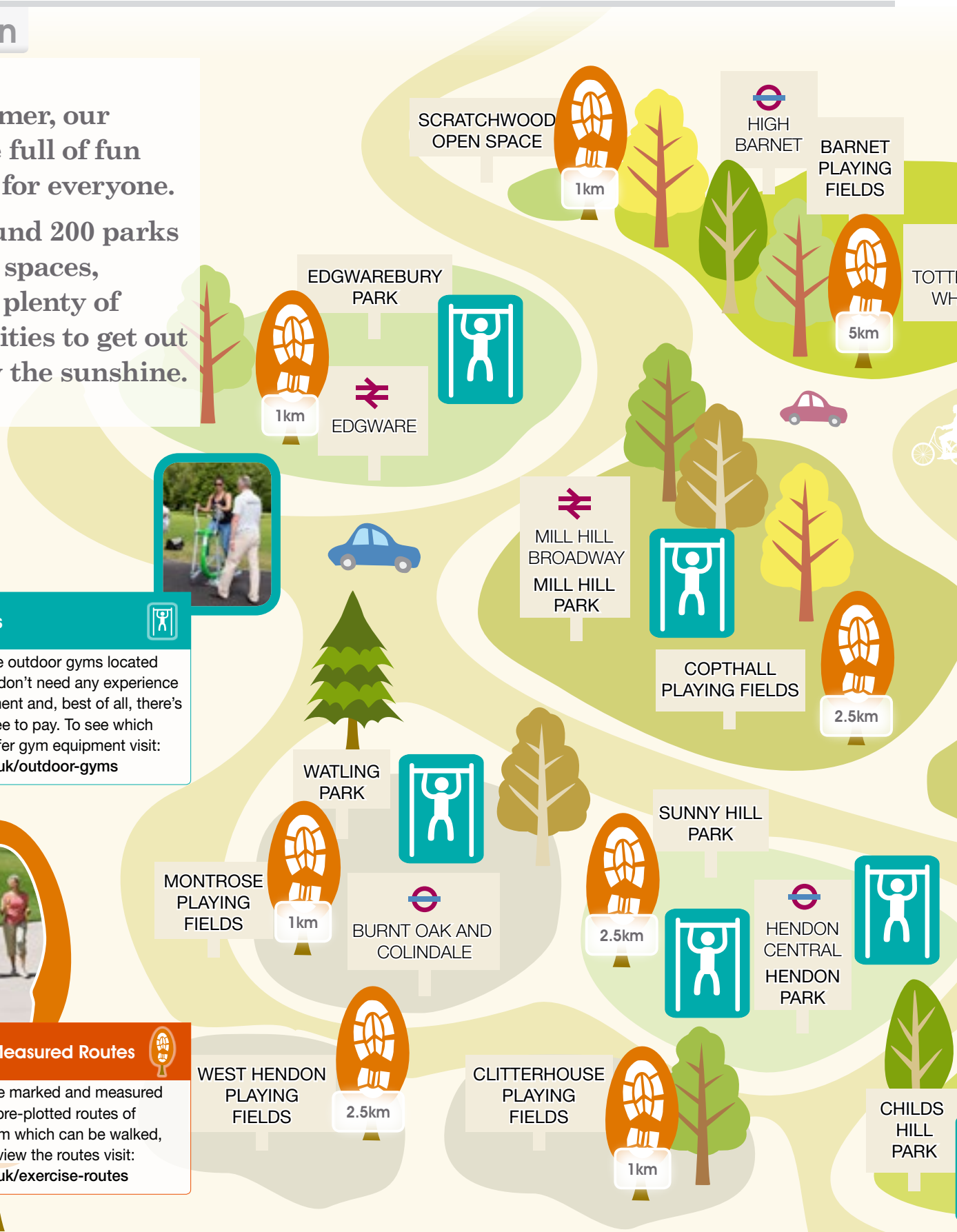
Barnet has 11 free outdoor gyms located in our parks. You don't need any experience to use the equipment and, best of all, there's no membership fee to pay. To see which parks near you offer gym equipment visit: www.barnet.gov.uk/outdoor-gyms



Marked and Measured Routes



There are nine free marked and measured routes which are pre-plotted routes of 1km, 2.5km or 5km which can be walked, run or cycled. To view the routes visit: www.barnet.gov.uk/exercise-routes



This map is a visual interpretation that is not to scale



Parkrun

This is a free weekly timed 5km run around Oak Hill Park that takes place every Saturday starting at 9am. More information can be found at: www.parkrun.org.uk/oak-hill

East Barnet Festival

Oak Hill Park, EN4 8JS

All programmes start at 3pm, doors will open at 2.30pm. Admission £12 (concessions £10; 6 –16 years old £6). Tickets can be purchased on the door.

Please bring a chair or rug. Light refreshments will be available.

Blue Badge Holders will have a 2pm shuttle pick up from Parkside Gardens Car Park.

Theatre in the Park – The Wizard of Oz
Sunday 10 July

Theatre in the Park – The Tempest
Sunday 17 July

Theatre in the Park – Once Upon a Time
Sunday 24 July

Full details: www.eastbarnetfestival.org.uk or call 0707 178 1745.

Happy's Circus (In The Big Top)

Sunday 21 August. Ticket Price £8 each or £25 for a family of four, doors open 2.30pm

Event information accurate at time of printing

Skate Park

Barnet's skateboarders are already making good use of the revamped skate park in Friary Park. The new design includes a range of quarter pipes, rails and jumps. It is open every day to those aged four years plus and to those with a variety of skills and experience. There are plans to increase the provision of these facilities across the borough. Any new projects will be delivered in conjunction with local resident and Friends of Parks groups.

Health Walks

Why not boost your health and wellbeing in a sociable atmosphere while taking in some of Barnet's most beautiful areas? Trained instructors lead seven health walks a week, whatever the weather.

The hour-long walks take place in local beauty spots such as Friary Park and Woodside Park and include short exercises to boost the great health benefits of regular walking even further.

The walks are graded on a scale from one to five for the stamina and fitness needed, so there is a walk to suit everyone, whatever your fitness. The walks are available to people aged 18 and over and cost £2.80 each, with concessions available. There is no need to book, just turn up on the specified days. Full details on Health Walks can be found at: www.barnet.gov.uk/onthemove

Keep school holiday boredom at bay this summer. Every year, young people enjoy holiday activities across the borough. Check out the range of sessions for young people through our Positive Activities and SHAPE programmes. We hope you enjoy what's on offer.

Positive Activities

The Positive Activities programme offers a range of courses for children and young people aged from 8 – 19 (or up to 25 for young people with learning disabilities).

Previously the programme has helped some young people find jobs, win a national sporting championship, get involved in volunteering and achieve academic goals.

Even more importantly, it's a good way to make friends. This summer you can choose from more than 50 courses!

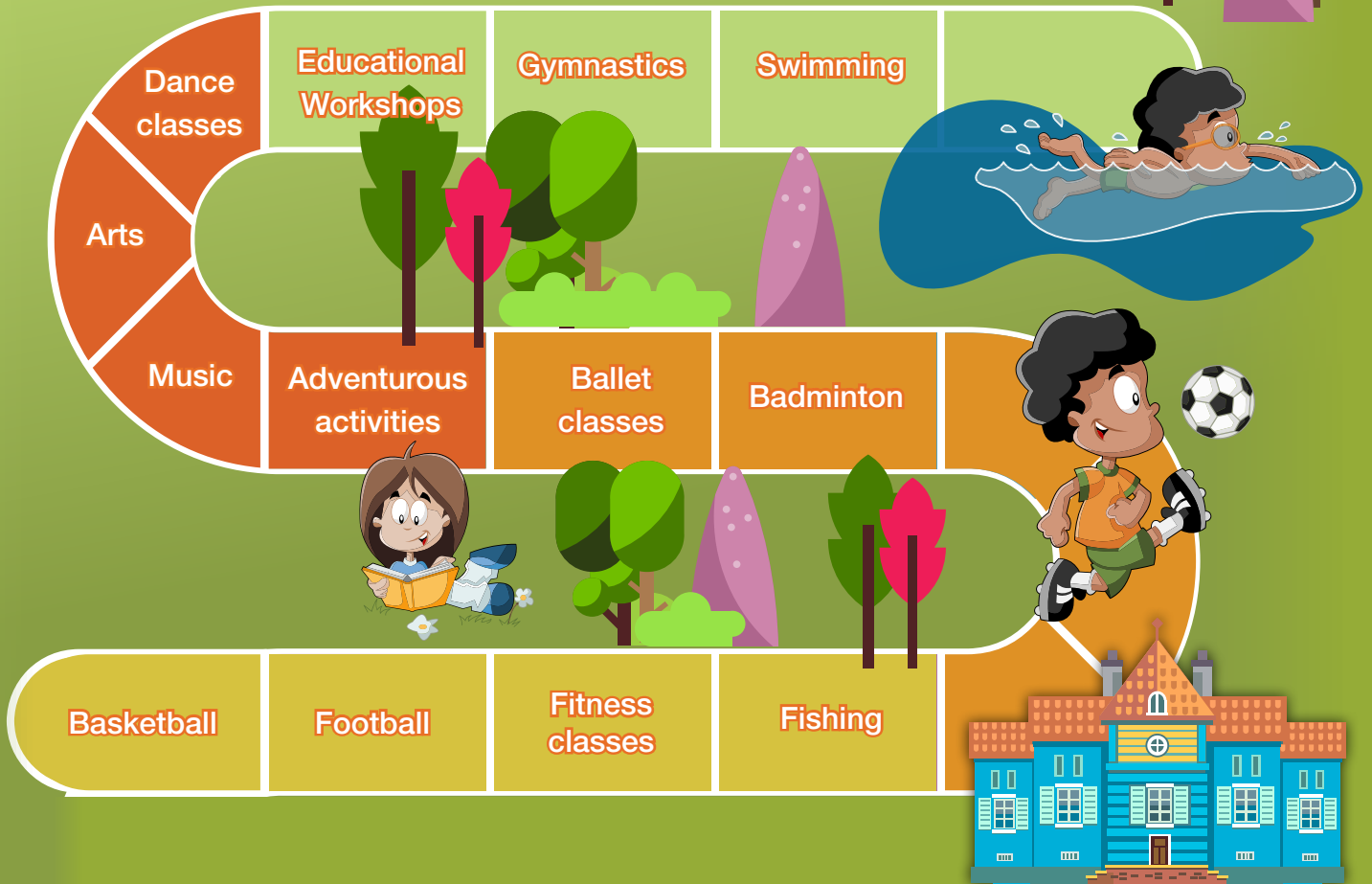
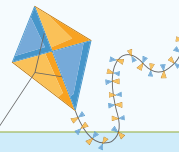
Barnet Youth services

Some of the exciting FREE courses on offer are:

- mechanics
- fashion
- music production
- fishing
- watersports
- circus skills
- Lego challenge
- ...and lots more

If that isn't exciting enough, last year, a film made on one of the courses won first prize in a national competition. The young people that made the film received prizes from award-winning director, Danny Boyle.

To find out more about the Positive Activities programme, visit www.futureversity.org or call 020 8359 3100.



SHAPE programme

The SHAPE programme offers a wide range of sports sessions for young people aged 14 – 19 in Burnt Oak and Colindale. SHAPE offers free or low cost sports sessions for young people including gym, football, basketball, streetdance and more. For more info visit www.barnet.gov.uk/shape

A fun-packed summer for under fives

Barnet's children's centres will be offering a wide range of activities over the summer holidays for under-fives.

The summer holidays are a great time to enjoy, play and spend time with your child. The borough's 10 centres will be offering a host of creative activities for children and parents.

These will include trips to parks, Stay and Play sessions and Songs and Rhymes activities.

Children's centres offer 15 free hours per week of early education for eligible two-year-olds, and for three and four-year-olds.

The centres also offer a range of support to parents including midwifery and health visiting services, healthy eating sessions and parenting courses.

To check what's on offer at centres across the borough this summer, visit www.barnet.gov.uk/childrens-centres

**A giant summer of fun ahead**

July sees the start of a fantastic summer of fun taking place in Barnet libraries with The Big Friendly Read, Summer Reading Challenge 2016 which runs from 9 July to 17 September.

To celebrate Roald Dahl's centenary, the Reading Agency has teamed up with The Roald Dahl Literary Estate to set a theme for this year's challenge and features some of the author's best loved characters and favourite stories.

Children aged four to 11 are encouraged to read six books during their summer holidays. Children of all reading abilities can join in and they can read whatever they choose – stories, joke books, fact books, or even listen to audiobooks – it doesn't matter as long as they are borrowed from their local library.

For every two books that they read, they get stickers and prizes and there's a certificate and a gold medal for everyone who finishes the challenge by reading all six books. Children can register for free at their local library.

We have an action-packed summer planned, with almost 50 events taking place over the summer holidays for babies, children and young people.

Here's just a taste of what's on this summer...

Throughout the summer there will be **Big Friendly Bounce** sessions with stories, songs and play for non-walking babies. Cost: £3.50

The Big Friendly Bake Off – on 29 July there's a chance for local children to show off their Roald Dahl inspired baking skills at Chipping Barnet Library. The event will be judged by Richard Burr who was a Great British Bake Off Finalist in 2014. Cost: free

On 27 July **Neville Floyd** will be back at Childs Hill Library for another **brilliant storytelling workshop** for ages six plus. Cost: free

Edgware Library will hold An **Enormous Crocodile Craft and Play** session for toddlers on 15 August. Cost: £4.95

South Friern Library will play host to the **Marvellous Beasts live animal handling workshop with Zoolab** on 26 July, ages five plus. Cost: £4.95.

Competition
 Hunt the golden library cards
 100 golden cards are hidden in Barnet libraries – find one and win a prize

For full details of all the events visit www.barnet.gov.uk/bigfriendlyread



what's on



GLL (Better) leisure centres

While many of us will take to the outdoors to keep fit during the summer months, the five leisure centres run by Better on behalf of Barnet Council continue to offer their extensive range of facilities and activities for up to 14 hours every day.

Check out the opening hours, membership fees, facilities, fitness classes and activities at the Better leisure centres at Burnt Oak, Barnet Cophall, Church Farm, Finchley Lido and Hendon by visiting the website below.

To have even more fun while getting fit, try out one of the many classes and leisure activities offered at the centres:

- badminton
- ballet classes
- basketball
- dance classes
- fitness classes
- football
- gymnastics
- personal training
- senior club
- swimming
- tennis

Splashing about in the sunshine

If the Olympic swimmers in Rio whet your appetite, why not take to the water at Finchley Lido Leisure Centre? As well as the 25-metre main pool, you can frolic about in the leisure pool with its wave machine, air jets, water cannons and rapids. The outdoor pool complex includes a well-equipped gym and is one of five leisure centres managed by Better on behalf of Barnet Council.

For more information, visit
www.better.org.uk/areas/barnet



Serve up a fit, fun you

If you got caught up in the excitement of Wimbledon why not pick up a tennis racquet yourself?

On 16 – 17 July, the Great British Tennis Weekend will see tennis clubs and parks across the country open their courts to newcomers and veterans of the game alike – to provide coaching and fun sessions.

In Barnet, clubs and coaches are set to introduce (or reintroduce) you and your family to a great sport that is about more than strawberries and cream for two weeks in early summer. You don't even need to bring a racquet.

Find more details on where you can get involved with the Great British Tennis Weekend by visiting www.barnet.gov.uk/outdoorfitness



Safe in the sun this summer

Too much sun is damaging to the skin, especially for young children. Excessive tanning and sunburn increase the risk of developing skin cancer. To protect yourself from the sun this summer apply sunscreen (with UVA and UVB protection) regularly during the day, avoid the sun between 11am and 3pm, and wear clothes that offer sun protection such as long-sleeved tops.



OURPARKS

Book your **FREE***
exercise classes at
www.ourparks.org.uk

All classes last 60 minutes
and are inclusive for all
levels of fitness.

✉ getfitnow@ourparks.org.uk

☎ 0800 111 4464

*small fee will apply after 12 weeks

TURN UP, TONE UP GET FIT FOR FREE NOW

FREE for the first 12 weeks from
13th June – 4th September 2016*

Working in partnership

BARNET
LONDON BOROUGH

A BETTER WAY TO KEEP ACTIVE AND SOCIAL

Keeping your body and mind active as you enter your golden years is vital for a happy and healthier you. With Club Barnet's new programme for older people, you can enjoy a variety of low cost activities in community locations around Barnet and socialise with like minded people.

Activities include:

- Learn to swim sessions
- Low impact aerobics
- And much much more...
- Slipper Soccer
- Dance sessions
- Fitness in the park (outdoor gyms)

For session details, call 020 8457 9909, or visit www.better.org.uk/clubbarnet

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FOR OLDER
PEOPLE
AGED 65+

BETTER
the feel good place