

WEEK 1 DOWNS BARN PRIMARY SCHOOL

MONDAY 24 JULY	
Ninja Warrior	9.00-11.00
Pilates	11.15-12.15
Drawing	12.30-2.00
Juggling	2.00-4.00
Self Defence	6.00-7.30

TUESDAY 25 JULY	
Clay Modelling	9.30-11.30
Bikeability	9.00-12.00
Laser Tag	10.00-3.00
MKPA	2.00-4.00
Rugby	2.00-4.00
Dr Bike	2.00-4.00
TVP Bike Marking	2.00-4.00
Hoopfit	6.00-6.45

WEDNESDAY 26 JULY	
Bikeability	9.00-12.00
Cookery	10.45-11.45
Survival	10.00-3.00
Adult Guitar	6.00-8.00
Running	6.00-7.00

THURSDAY 27 JULY	
Bikeability	9.00-12.00
Rollerskating	10.00-11.30
Ukulele	1.00-3.00
Sewing	1.00-3.00
Football	3.15-4.15
Dodgeball	4.15-5.15
Bow Tag Archery	6.30-8.30

FRIDAY 28 JULY	
Mad Science	9.30-12.00
Gymnastics	1.00-2.00
Fencing	2.00-3.00
Archery	3.00-4.00
Hockey	4.00-5.00

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WEEK 2 GREAT LINFORD PRIMARY SCHOOL

MONDAY 31 JULY	
Ninja Warrior	9.00-11.00
Pilates	11.15-12.15
Drawing	12.30-2.00
Juggling	2.00-4.00
Self Defence	6.00-7.30

TUESDAY 01 AUGUST	
Clay Modelling	9.30-11.30
Bikeability	9.00-12.00
Laser Tag	10.00-3.00
MKPA	2.00-4.00
Rugby	2.00-4.00
Dr Bike	2.00-4.00
TVP Bike Marking	2.00-4.00
Hoopfit	6.00-6.45

WEDNESDAY 02 AUGUST	
Zumba	9.30-10.30
Bikeability	9.00-12.00
Cookery	10.45-11.45
Survival	10.00-3.00
Dance	2.00-3.00
Ballet	3.15-4.15
Adult Guitar	6.00-8.00
Running	6.00-7.00

THURSDAY 03 AUGUST	
Bikeability	9.00-12.00
Rollerskating	10.00-11.30
Ukulele	1.00-3.00
Sewing	1.00-3.00
Football	3.15-4.15
Dodgeball	4.15-5.15
Bow Tag Archery	6.30-8.30

FRIDAY 04 AUGUST	
Mad Science	9.30-12.00
Gymnastics	1.00-2.00
Fencing	2.00-3.00
Archery	3.00-4.00
Hockey	4.00-5.00

WEEK 3 DOWNS BARN PRIMARY SCHOOL

MONDAY 07 AUGUST	
Ninja Warrior	9.00-11.00
Pilates	11.15-12.15
Drawing	12.30-2.00
Juggling	2.00-4.00
Self Defence	6.00-7.30

TUESDAY 08 AUGUST	
Clay Modelling	9.30-11.30
Bikeability	9.00-12.00
Laser Tag	10.00-3.00
MKPA	2.00-4.00
Rugby	2.00-4.00
Dr Bike	2.00-4.00
TVP Bike Marking	2.00-4.00
Hoopfit	6.00-6.45

WEDNESDAY 09 AUGUST	
Zumba	9.30-10.30
Bikeability	9.00-12.00
Cookery	10.45-11.45
Survival	10.00-3.00
Dance	2.00-3.00
Ballet	3.15-4.15
Adult Guitar	6.00-8.00
Running	6.00-7.00

THURSDAY 10 AUGUST	
Bikeability	9.00-12.00
Rollerskating	10.00-11.30
Ukulele	1.00-3.00
Sewing	1.00-3.00
Football	3.15-4.15
Dodgeball	4.15-5.15
Bow Tag Archery	6.30-8.30

FRIDAY 11 AUGUST	
Mad Science	9.30-12.00
Gymnastics	1.00-2.00
Fencing	2.00-3.00
Archery	3.00-4.00
Hockey	4.00-5.00

WEEK 4 GREAT LINFORD PRIMARY SCHOOL

MONDAY 14 AUGUST	
Ninja Warrior	9.00-11.00
Pilates	11.15-12.15
Drawing	12.30-2.00
Juggling	2.00-4.00
Self Defence	6.00-7.30

TUESDAY 15 AUGUST	
Clay Modelling	9.30-11.30
Bikeability	9.00-12.00
Laser Tag	10.00-3.00
MKPA	2.00-4.00
Rugby	2.00-4.00
Dr Bike	2.00-4.00
TVP Bike Marking	2.00-4.00
Hoopfit	6.00-6.45

WEDNESDAY 16 AUGUST	
Zumba	9.30-10.30
Bikeability	9.00-12.00
Cookery	10.45-11.45
Survival	10.00-3.00
Dance	2.00-3.00
Ballet	3.15-4.15
Adult Guitar	6.00-8.00
Running	6.00-7.00

THURSDAY 17 AUGUST	
Bikeability	9.00-12.00
Rollerskating	10.00-11.30
Ukulele	1.00-3.00
Sewing	1.00-3.00
Football	3.15-4.15
Dodgeball	4.15-5.15
Bow Tag Archery	6.30-8.30

FRIDAY 18 AUGUST	
Mad Science	9.30-12.00
Gymnastics	1.00-2.00
Fencing	2.00-3.00
Archery	3.00-4.00
Hockey	4.00-5.00

WEEK 5 DOWNS BARN PRIMARY SCHOOL

MONDAY 21 AUGUST	
Ninja Warrior	9.00-11.00
Pilates	11.15-12.15
Drawing	12.30-2.00
Juggling	2.00-4.00
Self Defence	6.00-7.30

TUESDAY 22 AUGUST	
Clay Modelling	9.30-11.30
Bikeability	9.00-12.00
Laser Tag	10.00-3.00
MKPA	2.00-4.00
Rugby	2.00-4.00
Dr Bike	2.00-4.00
TVP Bike Marking	2.00-4.00
Hoopfit	6.00-6.45

WEDNESDAY 23 AUGUST	
Zumba	9.30-10.30
Bikeability	9.00-12.00
Cookery	10.45-11.45
Survival	10.00-3.00
Dance	2.00-3.00
Ballet	3.15-4.15
Adult Guitar	6.00-8.00
Running	6.00-7.00

THURSDAY 24 AUGUST	
Bikeability	9.00-12.00
Rollerskating	10.00-11.30
Ukulele	1.00-3.00
Sewing	1.00-3.00
Football	3.15-4.15
Dodgeball	4.15-5.15
Bow Tag Archery	6.30-8.30

FRIDAY 25 AUGUST	
Mad Science	9.30-12.00
Gymnastics	1.00-2.00
Fencing	2.00-3.00
Archery	3.00-4.00
Hockey	4.00-5.00

SA SPECIAL ACTIVITIES AT OTHER LOCATIONS

MONDAY 24 & 31 JULY, 7, 14 & 21 AUGUST	
Driving	10.00-12.00 MD

WEDNESDAY 26 JULY	
Make, Hunt & Dip	10.30-2.00 LL
Sausage Making	1.30-3.30 NP

THURSDAY 27 JULY, 03, 10, 17, 24 AUGUST	
Kayaking	9.00-3.00 GL

FRIDAY 28 JULY, 4, 11, 18 & 25 AUGUST	
Motorcycle Riding	10.00-12.00 MD

Key to Locations

- MD** Marsh Drive Sports Ground
Great Linford MK14 5HH
- LL** Linford Lakes Nature Reserve
Wolverton Road
Great Linford MK14 5AH
- NP** North Pavilion
Parklands, Great Linford
MK14 5DZ
- GL** Great Linford Primary School
St Leger Drive MK14 5BL

Purchase Tickets at the Parish Office:
PARISH RESIDENTS
 from Monday 10 July
NON-PARISH RESIDENTS
 from Monday 17 July

What will it cost?

£1.80 per hour or part hour per session each adult or child eg: first hour £1.80, 1-2 hrs £3.60, 2-3 hrs £5.40, etc., unless otherwise stated.
Booking required for all activities except MKPA & Rugby.
Special Activities: See activity details for locations.
MKPA, Rugby, Running & Bikeability: Entry to these events is free.

Entry by ticket only*

Purchase tickets from the Parish Office:
 Mondays & Tuesdays, Thursdays & Fridays.....9am - 4pm
 Wednesdays9am - 12pm
 Tuesday 11 & Thursday 13 July.....6pm - 8pm
 Tuesday 18 & Thursday 20 July.....6pm - 8pm

Great Linford House,
 1 St Leger Court,
 Great Linford
 MK14 5HA

Summer of Fun 2017

Something to do Every Day!



Great Locality Proud Community

Great Linford Parish Council
 see our website... www.great-linford.gov.uk



activities will be held at different schools each week, except special activities SA – see activities timetable for details

WEEK 1 **WEEK BEGINNING MONDAY 24 JULY**

Downs Barn Primary School
Downs Barn Boulevard MK14 7NA

WEEK 2 **WEEK BEGINNING MONDAY 31 JULY**

Great Linford Primary School
St Leger Drive MK14 5BL

WEEK 3 **WEEK BEGINNING MONDAY 7 AUGUST**

Downs Barn Primary School
Downs Barn Boulevard MK14 7NA

WEEK 4 **WEEK BEGINNING MONDAY 14 AUGUST**

Great Linford Primary School
St Leger Drive MK14 5BL

WEEK 5 **WEEK BEGINNING MONDAY 21 AUGUST**

Downs Barn Primary School
Downs Barn Boulevard MK14 7NA

DRIVING **14-17 Years** **Mon** **SA**

Kathleen's School of Motoring will teach you the basics of driving and road safety in a safe off – road environment.

Dress code: comfortable clothes, trainers/ shoes. No flip-flops or backless shoes.

Mondays 10am – 12pm

Three students per car, per hour.

Cost: £5 per hour session

PILATES **Family event** **NEW EVENT** **Mon**

Ruel DaCosta brings you a simplified version of Pilates that the whole family can do, applying a more functional method for everyday life, improving body strength, posture and flexibility.

Dress code: relaxed, comfortable clothing.

Mondays 11.15am – 12.15pm

NINJA WARRIOR TRAINING **7+ Years** **NEW EVENT** **Mon**

Paramount Parkour Academy's very own Ninja from ITV's Ninja Warrior fame will teach you how to be a Ninja Warrior. Using Parkour skills and sheer strength to overcome obstacles in a safe environment. Expect lots of vaulting, rolling, stealth, balance drills and games.

Dress code: loose clothing – clean trainers or soft-soled shoes.

Mondays 9am – 11am

DRAWING **Family event** **Mon**

The Drawing Machine – professional artist Sarah Watts will help you learn to draw confidently on your own whilst having fun doing it. Any ability welcome, Sarah will make you realise your drawing potential! If you have art materials you would like to use or an unfinished project at home, bring them along – one to one guidance will be provided.

Dress code: comfortable clothing.

Mondays 12.30pm – 2pm

JUGGLING & CIRCUS SKILLS **Family event** **Mon**

The Great Gappo will bring you laughter and fun as you learn circus skills; from plate spinning to juggling, diabolos and much, much more.

Dress code: loose clothing – trainers or soft-soled shoes.

Mondays 2pm – 4pm

SELF DEFENCE **Family event** **Mon**

Kombat Principle – learn the fundamental principles of armed and unarmed combat. A realistic self – protection syllabus that covers techniques from Thai Kick Boxing, Filipino Kali Stick fighting, weapon management and situation management. Learn new and exciting skills which will aid confidence and personal safety in an increasingly challenging environment.

Dress code: comfortable sportswear.

Mondays 6pm – 7.30pm

BIKEABILITY **9-12 Years** **FREE** **3 days Tue-Thur**

Bikeability is the National Standard for cycle training giving trainees real cycling experience on local estate roads, equipping them with the skills and confidence to deal with traffic on short local journeys. Trainees should be able to ride and have access to a bicycle.

Dress code: clothes suitable for cycling in, waterproof coat. Enclosed shoes, preferably trainers. Cycling helmet. Elbow/ knee pads/ gloves optional.

FREE! Booking required.

Tuesdays, Wednesdays & Thursdays 9am – 12pm.

Trainees must complete all three consecutive days to obtain Level 2 qualification.

The course will only take place if all the spaces are filled.

CLAY MODELLING **Family event** **Tues**

Andrew Macdermott local potter will be on hand to help you create your own unique pieces of pottery. Over a five – week period you will learn the techniques and see your pottery creation turn from a piece of wet clay into a fully fired and glazed creation! At least 3 sessions required to create a glazed creation.

Dress code: old clothes, they will get clay on them.

Tuesdays 9.30am – 11.30am

LASER TAG **8-14 Years** **Tues**

Special Ops – the alternative to paint ball, without the mess and sting. It's totally harmless, with no shortage of Ammo either! Play at being soldiers and enjoy games such as 'Capture the Flag' and 'Hostage Rescue'.

Dress code: outdoor activity clothes (they may get dirty) to suit the weather – trainers or sturdy shoes. Please bring a drink & packed lunch.

Tuesdays 10am – 3pm

Cost: £9 per 5 hour session

DR BIKE **Family event** **Tues**

Cycle Saviours – free safety checks and minor repairs to all cyclists.

Dress code: old clothes, bikes get messy!

Tuesdays 2pm – 4pm

MILTON KEYNES PLAY ASSOCIATION **Family event** **FREE** **Tues**

All sessions are open – access, children remain the responsibility of parents at all times.

MKPA – this year gets messy, wet sponge throwing at homemade targets, foot & handprint artwork, crafts. Back to old fashioned play – use

your imagination to build something from what's around you. Go WILD! Do not expect the usual MKPA session. There will be one session with inflatables.

Dress code: outdoor activity clothing to suit the weather with shoes for running around in. Arts & crafts activities will involve paint and other messy materials.

FREE! No booking required.

Tuesdays 2pm – 4pm

RUGBY **7+ Years** **FREE** **Tues**

GET SET for Legacy (through MK Dons Sport and Education Trust) bring TAG Rugby sessions for you to get involved in rugby and develop new skills. Whether it is running to score a try or kicking the winning penalty, this is a great way to get involved in rugby! Open for all abilities to develop new skills, whether it is running to score a try or kicking the winning penalty.

Dress code: Suitable sports clothing and shoes. Bring a drink.

FREE! No booking required.

Tuesdays, 2pm – 4pm

HOOPFIT **18+ Years** **Tues**

Exstress Fitness-Hoopfit is fitness with a twist. Using a weighted hoop, learn how to spin your hoop with the correct technique to sculpt, tone and strengthen your body. Lean to dance, skip and play a game all whilst hooping, the possibilities are endless. Please note this activity is not suitable if you have back problems or are pregnant. Bring a drink of water.

Dress code: clothes suitable for hula hooping! Wear Trainers.

Tuesdays 6pm – 6.45pm

ZUMBA **Family event** **Weds**

Sarah Croft brings you Zumba for the whole family – an easy to follow version of Zumba which really gets everyone moving!

Dress code: clothes suitable for sport. Plimsolls/ trainers essential.

Wednesdays 9.30am – 10.30am (not 26 July)

SURVIVAL SKILLS **8-14 Years** **Weds**

Special Ops Sgt Mack – MK's very own Bear Grylls will help you develop professional survival skills, problem – solving techniques and team building skills when learning how to build an all – weather shelter, start a fire safely and find wild food. Discover the importance of a positive outlook, self – confidence and responsibility.

Dress code: outdoor activity clothes (they may get dirty) to suit the weather – trainers or sturdy shoes. Please bring a drink & packed lunch.

Wednesdays 10am – 3pm

Cost: £9 per 5 hour session

MAKE, HUNT & DIP! **Family event** **NEW EVENT** **Weds** **SA**

Pond dipping, grasshopper hunting and making a place for wildlife. Three different activities taking an hour over each, plus time for lunch (bring a picnic but homemade cakes & refreshments on sale too). All children must be accompanied by a responsible adult.

Dress code: clothes suitable for the weather and messy play.

Wednesday 26 July only 10.30am – 2pm

COOKERY **6+ Years** **Weds**

Smart Raspberry will teach you how to cook healthy, nutritious food from scratch, enabling you to experiment with different ingredients and learn a valuable life skill.

Dress code: bring a container and an apron!

Wednesday 10.45am – 11.45am

Cost: £3.60 per 1 hour session

DANCE **Family event** **Weds**

CentreStage Theatre School MK – fun & friendly jazzy dance classes. Ever wanted to dance in the West End or be a backing dancer for your favourite pop start? This is how you get started! Warm – up, stretch and learn a different dance routine each week. All abilities welcome!

Dress code: loose clothing – jazz or soft soled shoes or trainers. No flip-flops or sandals.

Wednesdays 2pm – 3pm (not 26 July)

BALLET **Family event** **Weds**

CentreStage Theatre School MK – for all budding ballet dancers, big and small. No previous knowledge required. Come along, stay calm and ballet on!

Dress code: loose, comfortable clothing, ballet or jazz shoes or bare feet. (Tutu optional!)

Wednesdays 3.15pm – 4.15pm (not 26 July)

ADULT GUITAR **18+ Years** **Weds**

Learn Guitar MK professional musicians will teach you your first chords or help you progress at the level you are at, learning to play with other musicians to help you become the best guitarist you can be.

Dress code: comfortable clothes. You will need a guitar.

Wednesdays 6 – 8pm

SAUSAGE MAKING **7-14 Years** **Weds** **SA**

Coldsmoking – Sausage making is a hands-on activity using fresh ingredients in a fun and educational way. The session starts by learning the basics of what makes a great sausage. Then measuring the seasoning blends and mixing the ingredients. Then comes the hands-on stuff of sausage making! You get to sample the sausage mix to check it tastes great before actually making the sausages. There will also be a demonstration on how to link sausages like they do in the butcher's shop. You will end the day by taking home the sausages for tea!

Dress code: Casual, apron provided.

Wednesday 26 July only, 1.30pm – 3.30pm

Cost: £5 per 2 hour session

RUNNING **16+ Years** **FREE** **Weds**

Redway Runners – a fun introduction to running. Suitable for anyone thinking about taking up running but who hasn't yet taken the plunge. Depending on weather conditions you may want to bring a drink.

Dress code: comfortable sportswear, trainers.

Wednesdays 6pm – 7pm

FREE! Booking required.

BOW TAG ARCHERY **8+ Years** **Thur**

OnTargett Events – Hunger Games meets dodgeball with one of the fastest growing recreational activities in the UK – Bow Tag. Players are equipped with hi-power bows and foam tipped arrows and have one goal - to tag their opponents and remove them from the game.

Dress code: Outdoor activity clothes. Safety equipment provided.

Thursdays 6.30pm – 8.30pm

KAYAKING **8-16 Years** **NEW EVENT** **Thurs** **SA**

Special Ops – imagine the Grand Union Canal is the Amazon, you the adventurer navigating alligator infested waters. Now take out the mosquitos and the risk element and you've got the perfect day out, paddling for a couple of hours, finding a suitable spot for lunch before coming back.

Dress code: dress for outdoor activity, appropriate for the weather conditions on the day. Waterproof trousers recommended. Life jackets supplied.

Thursdays 9am – 3pm

Cost: £10 per 6 hour session

ROLLER SKATING **Family event** **Thurs**

Zoom Roller Skating- roller disco with DJ, lights and games. Great exercise and fun for the whole family

Dress code: comfortable clothes, helmet optional. Wrist guards and roller skates included (skate size required in advance) or bring your own.

Thursdays 10am – 11.30am

UKULELE **8+ Years** **NEW EVENT** **Thurs**

Ukulele – it's quick and easy to learn, you'll be strumming away in no time. No experience required, no music talent asked for, no music reading skills requested. Just you and your fingers. Ukuleles provided - or bring your own.

Dress code: casual, comfortable clothing.

Thursdays 1pm – 3pm

SEWING **Family event** **Thurs**

Jackie Spalding brings her creative skills to teach you how to sew. Make felt teddy bears, pictures (using felt, ribbon, beads and buttons) and embroidery.

Dress code: whatever you like!

Thursdays 1pm – 3pm

FOOTBALL **8-12 Years** **NEW EVENT** **Thurs**

Premier Sport – learn new skills and work as a team, it's not all about scoring goals! And great fun too.

Dress code: sports clothes, trainers.

Thursdays 3.15pm – 4.15pm

DODGEBALL **8-12 Years** **Thurs**

Premier Sport – fast moving game that keeps you on the toes, dodging balls, catching balls, chasing balls, you can't stand still! A sport for the energetic, that encourages teamwork and develops skills.

Dress code: sports clothes, trainers.

Thursdays 4.15pm – 5.15pm

MAD SCIENCE **5-11 Years** **NEW EVENT** **Fri**

Mad Science – fun-filled camp day including Slime, Watts – Up, Walloping Weather, Science of Toys, Planets & Moons, Living in Space, Lights – Colour – Action, Optical Illusions, Kitchen Chemistry and Harnessing Heat. The selection of activities will make your head spin!!!

Dress code: casual, comfortable clothing.

Fridays 9.30am – 12pm

MOTORCYCLE RIDING **14-17 Years** **NEW EVENT** **Fri** **SA**

90-One Rider Education – no scooter or motorcycle riding experience necessary to try riding without any pressures, in a relaxed, enjoyable atmosphere, in a safe, off – highway environment. This basic introduction to riding will give you a taste of what motorcycle or scooter riding is all about.

Dress code: trainers or closed-toe shoes, long trousers. Helmets, gloves and bike supplied.

Fridays 10am – 12pm

Cost: £5 per hour sessions

GYMNASTICS **5-10 Years** **NEW EVENT** **Fri**

Premier Sport – learn a new skill, improve co-ordination, strength and confidence. You will learn balance, grace and self – control – whilst having fun!

Dress code: sports clothes, trainers.

Fridays 1pm – 2pm

FENCING **5-10 Years** **NEW EVENT** **Fri**

Premier Sport – develop good co-ordination, balance and flexibility whilst learning the skills of attacking and defending.

Dress code: comfortable clothes, long sleeved top.

Fridays 2pm – 3pm

ARCHERY **5-10 Years** **NEW EVENT** **Fri**

Premier Sport introduce you to the basics of archery, a precision sport firing arrows at targets. Equipment provided.

Dress code: comfortable clothes, long sleeved top.

Fridays 3pm – 4pm

HOCKEY **5-10 Years** **NEW EVENT** **Fri**

Premier Sport – working as a team, use a hockey stick to manoeuvre a puck into the opponent's goal. This is a fast, exciting game of team work and skill. And great fun too.

Dress code: sports clothes, trainers.

Fridays 4pm – 5pm

THE SMALL PRINT
Guardians will need to provide contact details and sign a disclaimer for each child taking part in any paid activity. For some events small children must be accompanied by an adult. All instructors and staff at events are fully insured and CRB checked. First Aid trained staff are on-hand at every event.



www.great-linford.gov.uk

Parish Council Office
Great Linford House, 1 St Leger Court, Great Linford MK14 5HA
For further information tel **01908 606613** visit our website www.great-linford.gov.uk

ADVANCE BOOKING REQUIRED FOR ALL ACTIVITIES UNLESS OTHERWISE STATED