



Managed By SYDRC in partnership with Covent Garden Dragonhall Trust
 SYDRC DRAGONHALL

Day	Services	Time:	Venue	Target Group
Monday	Line Dancing session 1	9:30 - 10.45	N1C CENTRE	Over 55's
	Line Dancing session 2	10.45 – 12:00		Over 55's
	Badminton	11.00 – 12:00	HANDYSIDE SPORTS PITCH	Over 55's
	Tai Chi * £2pp	12.00 – 13:00	N1C CENTRE	Over 55's
	Youth Club and Mentoring session	16.30 - 19:00		10-19 yaers
Tuesday	Advice and Guidance Drop-in	10:00 -13:00	N1C CENTRE	Families & Young People 16+
	Youth Safety Project: Workshops, information and Guest speakers	10:30-12.30		Parents / Carers
	Mama & Toddler Yoga (Prices vary contact) Tutor Randa- @breatheyogalondon	9:30 - 10:15		Parents/Carers & Toddlers
	Girls Only Youth Club	16:30 – 18:30		11-19 years
	Homework support Club (space to help complete your HW)	16:30 – 18:00		KS1, KS2, KS3
Wednesday	Fun and Play (Term Time only)	10:00 – 12:00	N1C CENTRE	Under 5's
	Free Criminal Legal Advice (appts only)	15:00 - 17:00		Over 18's
	Parents Empowerment: Learn, discuss and share ideas: Drop in	16:45 – 17:45		Parents / Adults

For more info about our services, activities or bookings, please call 0207 164 6931 or email info@n1ccentre.org

Wednesday	Youth Mix sports session	16:15 – 18:00	HANDYSIDE SPORTS PITCH	Young people 10-16
	Code club: (Please register, limited spaces):	16:30 – 17:30	N1C CENTRE	Young people 9 - 14
	Youth empowerment: <i>Learn, Discuss and Share ideas:</i>	18:00 - 19:00		Young people 10-16
Thursday	CAB Pension wise (suspended till further notice)	10:00 – 16:30 Appt only	N1C CENTRE	Over 55's
	Employment, Education and Training Drop-in session	10:00 – 13:00		16-24 years
	Gentle Flow Yoga (Prices vary contact) Tutor Randa- @breatheyogalondon	12:15- 13:15		Woman only
	Kids Yoga class (starts 23rd Feb 2020) Prices vary contact Tutor Randa- @breatheyogalondon	15:45 – 16:30		3 – 6 years old
Friday	Fun and Play (Term Time only) starts Feb 2020!	10:00 – 12:00	N1C CENTRE	Under 5's
	A&G One 2 One support (NEET young people)	10:00 - 13:00		16- 24 years
	Victim Support – Coping with the Effects of Crime Together	10:30-16:00		4-17 years
Sunday	Football (Train & Play) Fun & sports Games	13:00 -15:00	Canteloves Gardens, Camden Road Pitch	9-12 years
	Two pitches, two age groups			13-18 years

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