

**Free
activities
for young
people**

Activity	Activity Description	Age Range	Restrictions/Notes	Provider	Location(s)	Date(s)	Start Time	End Time
Culture Camp	Culture Camp - two days of various art forms, from film making to sculpting, to fashion. Includes lunch.	12 to 17	Lunch provided. Dietary requirements needed when taking booking.	Pillar Community Services	Tonbridge School, High Street, Tonbridge, TN9 1JP	Saturday 6 August AND Monday 8 August 2022	9.30am	3.30pm
Kayaking session	Come and join us for a session of fun-filled kayaking. Games by one of our experienced Park Rangers. Catered for all abilities. Kayak maximum weight capacity is 80kg.	11 to 15		Swanley Park Rangers	Swanley Park, New Barn Road, BR8 7PW	Monday 8 August 2022	6.00pm	7.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Tuesday 9 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
6-week Centre Membership LIMITED SPACES	Free 6-week Centre Membership at White Oak Leisure Centre	11 to 15		Every One Active	White Oak Leisure Centre, Hilda May Avenue, Swanley, BR8 7BT	6 week summer holiday	Mid July	End August

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6-week Centre Membership & Employability Workshop	Free 6-week Centre Membership and "Step Into Leisure" career workshop at the end of August at White Oak Leisure Centre	16 to 18		Every One Active	White Oak Leisure Centre, Hilda May Avenue, Swanley, BR8 7BT	6 week summer holiday	Mid July	End August
Dance	Vibrant dance workshops with Cascade, giving young people the opportunity to explore Street/Commercial and Contemporary Dance styles. No experience needed and all abilities welcome!	11 to 18		Cascade Dance	Swanley Youth Hub, St Mary's Road, Swanley BR8 7BU	Wednesday 10 August 2022	10.00am	1.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Wednesday 10 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Thursday 11 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm

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Kayaking session	Come and join us for a session of fun-filled kayaking. Games by one of our experienced Park Rangers. Catered for all abilities. Kayak maximum weight capacity is 80kg.	11 to 15		Swanley Park Rangers	Swanley Park, New Barn Road, BR8 7PW	Friday 12 August 2022	6.00pm	7.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Friday 12 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
Wildlife Painting Competition	Paint the Animals of the Sevenoaks Greensand Commons ‘Try your hand at painting the animals of the Sevenoaks Greensand Commons, for your chance to win a whole host of exciting prizes! To honour the biodiversity of West Kent, the Sevenoaks Greensand Commons Project is hosting a short talk about the rare habitats of Sevenoaks, Westerham and Seal, followed by a relaxing afternoon of freestyle painting. This free workshop is suited to beginners and experienced artists and is open to young people aged 11-18. Parents and guardians are welcome to attend. Prizes will include a ‘Paint your own bird box kit’ and a guide to British birds. What will you paint?’	11 to 18		Kent Wildlife Trust	St George’s Church, Weald, Church Road, Weald, Sevenoaks, Kent, TN14 6LT	Monday 15 August 2022	2.00pm	4.00pm

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Kayaking session LIMITED SPACES	Come and join us for a session of fun-filled kayaking. Games by one of our experienced Park Rangers. Catered for all abilities. Kayak maximum weight capacity is 80kg.	11 to 15		Swanley Park Rangers	Swanley Park, New Barn Road, BR8 7PW	Monday 15 August 2022	6.00pm	7.00pm
Artistic Swimming (previously known as synchronised swimming)	Synchronised Swimming for boys and girls. Open to all abilities. Participants must be able to swim 10 metres unaided. Must bring own packed lunch.	11 to 18		Aquaoaks Artistic Swimming Club	Sevenoaks School Pool, The Sennocke Centre, High Street, Sevenoaks, Kent, TN13 1HU	Monday 15 August 2022	10.00am	3.00pm
Rugby	The Mighty Oaks Holiday Rugby Camps offer an inclusive, enjoyable, and safe environment to enable all players to have fun, develop their rugby playing skills, game understanding and decision making. They are aimed at girls & boys and provides fun, organised and educational activities for all players, utilising our experienced and qualified Mighty Oaks Holiday Rugby Camp coaching team. Players need to bring a packed lunch.	Year 6 (age 11) to Year 10 (15)		Sevenoaks Rugby Club	Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks	Tuesday 16 August 2022	Registration opens: 9.30am	3.30pm

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Archery LAST FEW SPACES LEFT	This experience is great for all levels of ability, so gives the perfect opportunity to master the skill before firing at our targets. Each session lasts for an hour, giving you plenty of time to practice your aim and enjoy this exhilarating experience. (duration: 1 hour)	11 to 18	Kenward Trust cafe will not be open this summer, however, if family members are bringing a young person to attend one of the above activities they are welcome to stay and can purchase a hot or cold drink from our reception area and younger children can play in the play area or have a look at the goats and alpacas grazing in their fields. There are also	Kenward Trust	Kenward Trust, Kenward Road, Yalding, Maidstone ME18 6AH	Wednesday 17 August 2022	11.30am	12.30pm
Artistic Swimming (previously known as synchronised swimming)	Synchronised Swimming for boys and girls. Open to all abilities. Participants must be able to swim 10 metres unaided. Must bring own packed lunch.	11 to 18		Aquaoaks Artistic Swimming Club	Sevenoaks School Pool, The Sennocke Centre, High Street, Sevenoaks, Kent, TN13 1HU	Wednesday 17th August 2022	10.00am	3.00pm
Artistic Swimming (previously known as synchronised swimming)	Synchronised Swimming for boys and girls. Open to all abilities. Participants must be able to swim 10 metres unaided. Must bring own packed lunch.	11 to 18		Aquaoaks Artistic Swimming Club	Sevenoaks School Pool, The Sennocke Centre, High Street, Sevenoaks, Kent, TN13 1HU	Thursday 18th August 2022	10.00am	3.00pm

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Artistic Swimming (previously known as synchronised swimming) LIMITED SPACES	Synchronised Swimming for boys and girls. Open to all abilities. Participants must be able to swim 10 metres unaided. Must bring own packed lunch.	11 to 18		Aquaoaks Artistic Swimming Club	Sevenoaks School Pool, The Sennocke Centre, High Street, Sevenoaks, Kent, TN13 1HU	Friday 19th August 2022	10.00am	3.00pm
One Session Water Polo Taster LIMITED SPACES	Free Trial: Water polo is an energetic, fast paced and fun team sport. Ultimately, it is a test of your swimming, ball skills and ultimately team work. Sevenoaks Water Polo accommodates a wide range of ages and abilities (boys and girls) from those that have just completed learn to swim through to competitive club swimmers, Water polo is perfect for those looking for a new challenge. Sevenoaks Water Polo competes at county level and also sends athletes to national events with regional squads.	11 to 18	Those born 2011 and younger need to be confident in deep water and able to swim 25m. Those born 2012 and older need to be confident in deep water and able to swim 50m.	Sevenoaks Water Polo Club	Sevenoaks School Pool, The Sennocke Centre, High Street, Sevenoaks, Kent, TN13 1HU	Sunday 21 August 2022	10.15am	11.15am
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Monday 22 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm

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Kayaking session	Come and join us for a session of fun-filled kayaking. Games by one of our experienced Park Rangers. Catered for all abilities. Kayak maximum weight capacity is 80kg.	11 to 15		Swanley Park Rangers	Swanley Park, New Barn Road, BR8 7PW	Monday 22 August 2022	6.00pm	7.00pm
Summer Journaling Workshop	Make a journal more creative and be inspired by lots of artists who use different styles of document what's happening for them and what's going on around them!	11 to 18		Arty Farty	St Peter's Church Hall, College Road, Hextable, Kent BR8 7RH	Tuesday 23 August 2022	11.00am	1.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Tuesday 23 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
Cake Decorating Masterclass	Come and join in on a cake decorating Masterclass! For 16+ it's 'beach days!' Participants required to bring own water bottle for drinking water. Note: box to take cake(s) home will be provided.	11 to 18	Allergies & dietary requirements will be taken by the provider after confirmation of the booking.	Lillian's Kitchen	Ide Hill Village Hall, Sevenoaks, TN14 6JG	Tuesday 23 August 2022	9.30am	11.30am
Art Therapy JUST ADDED	Use creativity to express yourself through different exercises and mediums. There's no need to be a picasso here - it's all about the process not the finished result. You might surprise yourself!	11 to 18		Arty Farty	House in the Basement Youth Hub, Stag Community Arts Centre, Sevenoaks, TN13 1ZZ	Wednesday 24 August 2022	2.00pm	4.00pm

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Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Wednesday 24 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Thursday 25 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm
Football	Mixed ability Football Camp on the 3G pitch so appropriate footwear is required - no metal studs or flat-soled shoes (i.e. trainers) allowed. Acceptable footwear includes Astro boots, rubber or plastic stud boots. The Football Club have a few spare pairs of boots if anyone needs to borrow a pair. Please say at time of booking. All players will need to bring a packed lunch, shin pads, plenty of drink, a rain jacket, sun cream and a change of clothes in case of adverse weather.	11 to 13		Sevenoaks Football Club	The Bourne Stadium, Greatness Park, TN14 5BX	Friday 26 August 2022	Registration opens 9.30am. Day starts: 10.00am	3.00pm

Activity	Activity Description	Age Range	Restrictions/Notes	Provider	Location(s)	Date(s)	Start Time	End Time
Teen Meditation	Mindfulness and relaxation techniques can be incredibly useful in managing stress and anxiety. The class involves stretching, mindfulness and breathing techniques. We will help you understand how your brain may be working when you are stressed and find ways to deal with pressure.	16+	Mandatory consent form will need to be completed - participants will receive this directly from the provider.	Root and Flourish	Riverhead Village Hall, Amherst Hill, Sevenoaks TN13 2EL	Wednesday 31 August 2022	1.00pm	2.30pm
Teen Meditation	Mindfulness and relaxation techniques can be incredibly useful in managing stress and anxiety. The class involves stretching, mindfulness and breathing techniques. We will help you understand how your brain may be working when you are stressed and find ways to deal with pressure.	11 to 15	Mandatory consent form will need to be completed - participants will receive this directly from the provider.	Root and Flourish	Riverhead Village Hall, Amherst Hill, Sevenoaks TN13 2EL	Wednesday 31 August 2022	10.30am	12.00pm
Kayaking session	Come and join us for a session of fun-filled kayaking. Games by one of our experienced Park Rangers. Catered for all abilities. Kayak maximum weight capacity is 80kg.	11 to 15		Swanley Park Rangers	Swanley Park, New Barn Road, BR8 7PW	Wednesday 31 August 2022	6.00pm	7.00pm