

## NAYC Summer Program 2024

### WEEK ONE

	Monday 22 <sup>nd</sup> July	Tuesday 23 <sup>rd</sup> July	Wednesday 24 <sup>th</sup> July	Thursday 25 <sup>th</sup> July	Friday 26 <sup>th</sup> July	Saturday 27 <sup>th</sup> July	Sunday 28 <sup>th</sup> July
<b>JUNIORS</b> (8 Years old up to year 6)			<b>JUNIORS session</b> 4-6pm £1				
<b>SENIORS</b> (new year 7's to 15 years old)  <b>OLDERS</b> (14 to 18 years old)	<b>OLDERS session</b> 6-8pm £1		Young Leaders - Juniors session 4-6pm		<b>SENIORS &amp; OLDERS</b> High Row residential £10	<b>SENIORS &amp; OLDERS</b> High Row residential	<b>SENIORS &amp; OLDERS</b> High Row residential

### WEEK TWO

	Monday 29 <sup>th</sup> July	Tuesday 30 <sup>th</sup> July	Wednesday 31 <sup>st</sup> July	Thursday 1 <sup>st</sup> August	Friday 2 <sup>nd</sup> August	Saturday 3 <sup>rd</sup> August	Sunday 4 <sup>th</sup> August
<b>JUNIORS</b> (8 Years old up to year 6)							<b>JUNIORS Skreens Park Camping</b> with kayaking, abseiling & tomahawks <b>Arrive 1.30pm</b> £5
<b>SENIORS</b> (new year 7's to 15 years old) <b>OLDERS</b> (14 to 18 years old)	<b>SENIORS &amp; OLDERS</b> High Row residential	<b>SENIORS &amp; OLDERS</b> High Row residential			<b>SENIORS session</b> 6-8pm £1		Young Leaders Skreens Park Arrive 1.30pm

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### WEEK THREE

	Monday 5 <sup>th</sup> August	Tuesday 6 <sup>th</sup> August	Wednesday 7 <sup>th</sup> August	Thursday 8 <sup>th</sup> August	Friday 9 <sup>th</sup> August	Saturday 10 <sup>th</sup> August	Sunday 11 <sup>th</sup> August
<b>JUNIORS</b> (8 Years old up to year 6)	<b>JUNIORS</b> Skreens Park	<b>JUNIORS</b> Skreens Park Collect 1.30pm					
<b>SENIORS</b> (new year 7's to 15 years old)  <b>OLDERS</b> (14 to 18 years old)	Young Leaders Skreens Park	Young Leaders Skreens Park Collect 1.30pm			SENIORS session 6-8pm £1	SENIORS & <b>OLDERS</b> Danbury Outdoors 11am – 5.30pm £2	

### WEEK FOUR

	Monday 12 <sup>th</sup> August	Tuesday 13 <sup>th</sup> August	Wednesday 14 <sup>th</sup> August	Thursday 15 <sup>th</sup> August	Friday 16 <sup>th</sup> August	Saturday 17 <sup>th</sup> August	Sunday 18 <sup>th</sup> August
<b>JUNIORS</b> (8 Years old up to year 6)		<b>JUNIORS &amp; SENIORS</b> Team Challenge 11am – 4pm £1					
<b>SENIORS</b> (new year 7's to 15 years old)  <b>OLDERS</b> (14 to 18 years old)	<b>SENIORS &amp; OLDERS</b> Young Leader Training 1pm – 5pm	<b>JUNIORS &amp; SENIORS</b> Team Challenge 11am – 4pm £1	<b>SENIORS &amp; OLDERS</b> Drama with EBGC 11am – 3pm	<b>SENIORS &amp; OLDERS</b> Drama with EBGC 11am – 3pm	SENIORS session 6-8pm £1 ----- SENIORS & <b>OLDERS</b> Sleepover From 8pm £1	<b>SENIORS &amp; OLDERS</b> Sleepover Collect 10am	

## NAYC Summer Program 2024

### WEEK FIVE

	Monday 19 <sup>th</sup> August	Tuesday 20 <sup>th</sup> August	Wednesday 21 <sup>st</sup> August	Thursday 22 <sup>nd</sup> August	Friday 23 <sup>rd</sup> August	Saturday 24 <sup>th</sup> August	Sunday 25 <sup>th</sup> August
<b>SENIORS</b> (new year 7's to 15 years old)  <b>OLDERS</b> (14 to 18 years old)	<b>SENIORS &amp; OLDERS</b> Anti-bullying group 11am – 5pm				<b>SENIORS session</b> 6-8pm £1		
<b>FAMILY / COMMUNITY</b>			<b>FAMILY INFLATABLES DAY</b> (donation) 12-4pm				

### WEEK SIX

	Monday 26 <sup>th</sup> August	Tuesday 27 <sup>th</sup> August	Wednesday 28 <sup>th</sup> August	Thursday 29 <sup>th</sup> August	Friday 30 <sup>th</sup> August	Saturday 31 <sup>st</sup> August	Sunday 1 <sup>st</sup> September
<b>SENIORS</b> (new year 7's to 15 years old)  <b>OLDERS</b> (14 to 18 years old)			<b>SENIORS &amp; OLDERS</b> Escape Room 11am – 3pm £2		<b>SENIORS session</b> 6-8pm £1		

## NAYC Summer Program 2024

NAYC is proud to confirm our summer 2024 programme very kindly supported and funded by Active Essex Foundation. We are offering 6 weeks bursting full of fun, adventure, and opportunities. To make sure we use our funding as effectively as possible we are asking that all sessions are booked ahead of time. If we don't get enough interest for a particular session we will not be able to run it.

### **22/07/2024 – Olders session - £1**

This is a normal olders session.

### **24/07/2024 – Juniors Session - £1**

This is a normal juniors session including arts crafts, games and sports. **This activity has some limited spaces for young leaders.**

### **26/07/2024 – 30/07/2024 – Seniors Residential to High Row - £10**

We will be leaving at 8.30am Friday 26/07/2024 and returning around 6pm on Tuesday 30/07/2024, but we will keep you up to date on exact time as we travel back. We will be traveling by minibus and staying at the Essex Boys and Girls Clubs High Row Centre in the beautiful Lake District. You must bring food or money to get lunch on the day we travel, however apart from this all travel, food, accommodation, and adventure activities are included in the cost of £10 per person for the trip. This is being subsidised by EBGC and the Jack Petchey Foundation.

While we are away, young people will be taking part in adventure activities such as mountain walking, bush craft and camp fire building as well as ghyll scrambling and a night walk. Please ensure young people do not bring valuable items such as jewellery or expensive clothes. Young people are responsible for all items they bring with them, and youth workers cannot be held responsible if they become lost or broken. Young people should also make sure they bring clothes that they are happy to get muddy and wet, as well as enough clean clothes for the evenings. Young people will also need to make sure they bring slippers or indoor shoes as we are not permitted to wear our outdoor shoes in the cottage.

A packed lunch will be provided for the return journey, but if the young people would prefer to bring money for the services they are welcome to.

If there is anything from the following list that you cannot obtain then let us know ASAP and we will try to help where possible.

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### KIT LIST – What should we bring?

- Lunch or money for the journey to the Lake District
- Sleeping bag or duvet, sheet and pillow
- Sliders or indoor footwear
- Casual clothes and trainers for travelling
- At least 2 pairs of trousers. Tracksuit bottoms ideally
- 1 thin pair of trousers or leggings for Ghyll scrambling
- Minimum of 3 t-shirts, light weight so it dries quickly
- 3 Jumpers/Hoodie/Fleece (it could be cold)
- Thick socks
- Underwear
- Pyjamas
- Towels—1 large and 1 small
- Toiletries (toothbrush, toothpaste, shower gel, etc...)
- Suncream, hat, sunglasses
- Water bottle (1 litre)
- Torch + spare batteries
- Trainers for getting wet
- Any personal medication (your youth worker must be made aware if this)
- Walking boot (that have been broken in)
- Wellies
- Water proof trousers and jacket
- Small amount of money, there may be chance to go into the local village and get ice cream or souvenirs

### What shouldn't we bring?

- please do not bring jewellery or valuables
- Energy drinks
- No alcohol or drugs!
- No weapons including pocket knives

### **02/08/2024 – Seniors Session - £1**

This is a normal seniors session including cooking, arts crafts, games and sports.

# NAYC Summer Program 2024

## **04/08/2024 – 06/08/2024 – Juniors camping trip to Skreens Park - £5**

We will be camping at Skreens Park (Skreens Park Road, Chelmsford, Essex, CM1 4NN), staying in single sex tents overnight and taking part in kayaking, abseiling and tomahawks, as well as games and activities and a campfire. Please drop your child to Skreens park at 1.30pm on the Sunday, and they will need collecting at 1.30pm on the Tuesday. Please do not bring expensive or valuable items or clothing, young people are responsible for their belongings at all times. If there is anything from the following list that you cannot obtain then let us know ASAP and we will try to help where possible. Last year young people arrived with insufficient clothing and their weekend was ruined as they were cold and wet. If young people arrive without appropriate kit this year, they will not be able to stay. **This activity has some limited spaces for young leaders.**

### KIT LIST – What should we bring?

- Arrive in comfortable clothes for activities
- At least 2 pairs of trousers. Tracksuit bottoms ideally
- Minimum of 2 additional t-shirts, light weight so it dries quickly
- Warm clothes for the evenings
- Thick socks
- Underwear
- Pyjamas (no shorts)
- Comfortable shoes
- Trainers for getting wet
- Towels – 1 large and 1 small
- Wash kit – toothbrush, toothpaste, flannel etc
- Waterproofs (if raining)
- Suncream, hat, sunglasses
- Refillable water bottle
- Torch + spare batteries
- Plate, bowl, knife, fork, spoon
- Sleeping bag and pillow
- Roll mat/inflatable mattress (with a foot pump as we won't have a plug)
- Black bag for dirty clothes
- Medication - form must be completed
- Snacks if wanted

## **09/08/2024 – Seniors Session - £1**

This is a normal seniors session including cooking, arts crafts, games and sports.

# **NAYC Summer Program 2024**

## **10/08/2024 – Seniors & Olders Danbury Outdoors - £2**

Please arrive at NAYC at 11am and we expect to return for 5.30pm. We will be travelling to Danbury Outdoors Activity Centre by bus and taking part in a team challenge / problem solving and aerial trekking.

### **KIT LIST – What should we bring?**

- Wear comfortable clothing and footwear (trainers)
- Packed lunch
- Refillable water bottle
- Suncream, hat etc.
- Waterproofs if it is wet
- Money for snacks (optional)

## **12/08/2024 – Young Leaders Training**

Open to existing young leaders and those who may want to become young leaders, spaces limited and will be prioritised for those young people who have shown they are good role models to others and can commit to volunteering on our Wednesday Junior session. We will be providing a lunch to share as part of this day.

## **13/08/2024 – Juniors & Seniors Team Challenge – £1**

We will take part in a series of challenges working in teams throughout the day. We will be providing a lunch to share as part of this day.

## **14/08/2024 and 15/08/2024 – Seniors Drama with EBGC - £2**

This session is by invite only. You will be contacted with further information. We will be providing a lunch to share as part of these days.

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## **16/08/2024 – Seniors Session - £1**

This is a normal seniors session including cooking, arts crafts, games and sports. Young people that come to this session do not need to pay to come to the sleepover later this day if they are booked on to it.

## **16/08/2024 – 17/08/2024 – Seniors sleep over at NAYC - £1**

Young people to arrive at NAYC for 8pm, or remain at the centre if they have attended the seniors session beforehand. They will be sleeping in the sports hall, boys one side and girls the other, and will need a roll mat or inflatable mattress to sleep on. Youth workers will sleep in the youth centre. In the morning breakfast will be available before young people leaving/being collected at 10am the following morning. Please be advised we have bathrooms and sinks so young people can wash and brush their teeth but there is no shower available.

### KIT LIST – What should we bring?

- Refillable water bottle
- Pyjamas (no short shorts please)
- Change of clothes for next day
- Wash kit – toothbrush, deodorant etc
- Sleeping bag and pillow
- Roll mat/inflatable mattress

## **19/08/2024 – Seniors Anti-bullying group**

This session is by invite only. You will be contacted with further information. We will be providing a lunch to share as part of these days.

## **21/08/2024 - Community / Family Inflatables Day – Donations welcome**

All families and friends welcome. A warm and welcoming space to meet with friends, and for children and young people to have fun on some inflatables in our sports hall. We will have some additional activities to take part in such as craft, sport and games, as well as light refreshments and snacks on offer to purchase. Apart from young leaders, all children and young



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people must be accompanied by adults and remain the responsibility of parent/carers at all times. This activity has some limited spaces for young leaders.

## **28/08/2024 – Seniors Escape Room - £2**

Please arrive at NAYC at 11am and we expect to return for 3pm. We will be walking into town to take part in the exciting escape room.

### KIT LIST – What should we bring?

- Packed lunch
- Refillable water bottle
- Money for snacks (optional)

## **30/08/2024 – Seniors Session - £1**

This is a normal seniors session including cooking, arts crafts, games and sports.