



**? COURSE GUIDE:**

**Mountain Biking** - 10.00 start  
Outdoor session in Kent.

**Fix up – Look Smart**  
English, Maths and ICT sessions, either in small groups or 1:1 with Gemma or Harpreet.

**Weaseling** - 10.00 start  
Outdoor Session. Navigate through the rock maze.

**D.I.Y** – 10.30 Start  
Learn how to tile, put up shelves and other skills

**Watersports** – 10.00 start  
Outdoor session. You can try canoeing, kayaking or sailing

**Survival** – 10.00 start  
Outdoor session. Learn survival skills like making a fire, building shelters and outdoor cooking.

**Art** – 10.30 Start  
Paint, spray, colour, mould or shape , what will you do on this creative session?

**Body and Mind** – 10.30 start  
In the morning learn about safe sex and relationships. Go Bowling in the afternoon.

**VIP Cooking** – 10.30 start  
Plan and cook a meal for guests visiting the Kennington Centre.

**ASDAN** – 10.30 start  
Get your ASDAN qualification through a variety of exciting sessions

**Cooking** – 10.30 start  
Plan and cook a variety of dishes

**What's Really Good?** 10.30 start  
Get street smart on this excellent session.

**U16 - February 2012**

MONDAY 30 <sup>th</sup> Jan	TUESDAY 31 <sup>st</sup>	WEDNESDAY 1 <sup>st</sup> February	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>
<b>Mountain Biking</b>  10.00	<i>Signed your Consent &amp; Medical form?</i>	<b>Fix Up – Look Smart</b>	<b>Weaseling</b>  10.00	<i>1:1 with your ODW?</i>
<b>MONDAY</b> 6 <sup>th</sup>  <b>D.I.Y</b>  10.30	<b>TUESDAY</b> 7 <sup>th</sup>  <b>Water sports</b>  10.00	<b>WEDNESDAY</b> 8 <sup>th</sup>  <b>Art</b> 10.30 <b>Fix Up – Look Smart</b>	<b>THURSDAY</b> 9 <sup>th</sup>  <i>What's Next?</i>	<b>FRIDAY</b> 10 <sup>th</sup>  <i>No phones on sessions</i>
<b>MONDAY</b> 13 <sup>th</sup>  <b>Survival</b> 10.00 <b>Cooking</b> 10.30	<b>TUESDAY</b> 14 <sup>th</sup>  <b>Survival</b> 10.00 <b>Cooking</b> 10.30	<b>WEDNESDAY</b> 15 <sup>th</sup>  <b>Fix Up – Look Smart</b>	<b>THURSDAY</b> 16 <sup>th</sup>  <i>1:1 with your ODW?</i>	<b>FRIDAY</b> 17 <sup>th</sup>  <i>Sign up for March</i>
<b>MONDAY</b> 20 <sup>th</sup>  <b>Body &amp; Mind</b> 10.30	<b>TUESDAY</b> 21 <sup>st</sup>  <b>VIP Cooking</b> 10.30	<b>WEDNESDAY</b> 22 <sup>nd</sup>  <b>Fix Up – Look Smart</b>  <b>ASDAN</b> 10.30	<b>THURSDAY</b> 23 <sup>rd</sup>  <b>ASDAN</b> 10.30	<b>FRIDAY</b> 24 <sup>th</sup>  <b>ASDAN</b> 10.30
<b>MONDAY</b> 27 <sup>th</sup>  <b>Cooking 1</b> <b>Body &amp; Mind</b>  10.30	<b>TUESDAY</b> 28 <sup>th</sup>  <b>Cooking 2</b> 10.30	<b>WEDNESDAY</b> 29 <sup>th</sup>  <b>Fix Up – Look Smart</b>  <b>What's Really Good?</b>	<b>THURSDAY</b> 1 <sup>st</sup> March  <i>Action plan?</i>	<b>FRIDAY</b> 2 <sup>nd</sup> March  <i>1:1 with your ODW?</i>

**Conditions of attendance:**

- ✓ No exclusive relationships
- ✓ No drugs or alcohol
- ✓ No violence
- ✓ No theft

**WE'RE HERE TO HELP YOU REACH YOUR GOALS**

There are limited places, so book early.

**Contact John - 020 78204441 or  
Donnique - 020 78204452**



**WE'RE NOT SCHOOL. GIVE RESPECT & EARN IT BACK. WE WORK WITH 13-25 YEAR OLDS.**