

What's on this term at The Zone Youth Project:

Opening times **Monday to Thursday 3 – 8.30pm** | **Friday 3 – 5.30pm**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>4–6pm Youth Café <i>Preparing and serving food to the youth club and foyer</i></p> <p>4.30 – 6pm Music Recording & Production <i>Logic Pro, recording vocals and sound engineering</i></p> <p>4.30 – 6pm Basketball (in the gym) <i>Training and practice (Please wear sports kit)</i></p> <p>6.00 – 8pm Discussion group <i>Debating current topics</i></p>	<p>4 – 6pm Youth Café <i>Preparing and serving food to the youth club and foyer</i></p> <p>4 - 7pm Cooking <i>Learn healthy, simple recipes to feed your family and yourself</i></p> <p>4 – 5pm Homework Club <i>Support with homework and revision</i></p>	<p>4 – 6pm Youth Café <i>Preparing and serving food to the youth club and foyer</i></p> <p>4.30 – 5.30pm Gender Groups</p> <p>7 – 8.30pm Boxercise & Circuit Training <i>Boxing style exercise</i></p>	<p>4 – 6pm Youth Café <i>Preparing and serving food to the youth club and foyer</i></p> <p>4.30 – 6pm Cooking (Baking) <i>Learn to bake desserts/puddings and sweets</i></p> <p>4.30 – 6pm Basketball (in the gym) <i>Training and practice (please wear sports kit)</i></p> <p>7 – 8.30pm Boxercise & Circuit Training <i>Boxing style exercise</i></p>	<p>3 – 5.00pm Board Games</p> <p>Members' Forum</p> <p>3 – 4.30pm <i>15 meals for £15 (Feed the Homeless project)</i></p> <p>*** CLOSED AT 5.30pm ***</p>

Facilities available during all sessions: ... computers ... iPads ... printing ... Internet ... support with homework ... kitchen ... cycle repairs ... recording studio equipment ... games and consoles ... arts and crafts ... C-Card (*Monday - Thursday after 6pm*) ... good place to meet new people or meet up with friends ... youth workers always available for advice and support ...

The Zone Youth Project 28 Carleton Road N7 0EQ t: **020 7697 9242** m: **07595463922** (Sonia)

