

Hitchin Youth Organisations & Activities

Hitchin Youth Trust	111 Walsworth Road, Hitchin SG4 9SP	A registered charity whose aim is to encourage activities for young people up to the age of 26. Financial help for clubs, associations, educational groups and individuals. Rooms are available rent-free for qualifying clubs and organisations.	01462 422505 Email: info@hitchinyouthtrust.co.uk Website: www.hitchinyouthtrust.co.uk
Projects at Bancroft Centre for Young People (Youth Connexions)	29 Bancroft, Hitchin, SG5 1JW	Provides a relaxed, informal atmosphere for young people aged 13 to 19. A range of recreational and social opportunities, access to information on many different issues and topics relevant to young people - and loads of activities to get involved with. Information, Advice & Guidance Drop In - Thursdays 1.30 – 4.15 pm Snappy G's - for young people with special needs Mondays 6.45 – 9.30 pm (ages 17-24), Wednesdays 6.45 – 9.30 pm (ages 13-17)	Garry Leask - 01438 843340 07580 743501 Garry.Leask@hertfordshire.gov.uk; youthconnexions.norhtherts@hertfordshire.gov.uk;
Phase	Silver Birch Centre, Bedford Road, Hitchin, SG5 1HF	Phase is a registered charity working within local schools as well as providing some out of school activities, including a one-day holiday club each half term. Phase exists to support the development of well-being in young people. We aim to enable young people to develop resilience, the ability to cope with the stresses of life, and to live and thrive in today's world. No charges.	www.phase-hitchin.org 01462 422940 Email: office@phase-hitchin.org
<u>Scout & Guide Groups</u>			
Hitchin District Scouts	Various locations around Hitchin	Oversees the Uniformed Scout groups in Hitchin. Evenings - Mondays-Fridays Scouting offers hundreds of activities from camping and hiking to surfing and paragliding. Join in and see for yourself Beavers (6–8) Cubs (8-10½) Scouts (10½-14) Explorer Scouts (14–18) Scout Network (18-25) Subscriptions: £80 - £150 annually; trips, camps & activities charged separately. Cost is not a barrier; special arrangements can be made.	Tony Hankin District Commissioner - 01462 387879 www.hitchin scouts.org/join www.facebook.com/hitchin scouts @HitchinScouts YouTube: hitchin scouts
1st Hitchin Scouts (Hitchin Boys School)	Hitchin Boys School, Grammar School Walk,	Explorers meet Wednesdays	www.hitchin scouts.org/our-groups

	Hitchin, SG5 1JB		
BEAR Explorers	The Tom Baldry Room, 111 Walsworth Road, Hitchin, SG4 9SP	Explorers meet Thursdays	www.hitchinouts.org/our-groups
Hitchin Scout Network	Various	Scout Network is for 18 to 25 year-olds who have a continued interest in Scouting and their own personal development. Network, being the next section up from Explorers, recognises that once you reach 18 you may require a less formal involvement with Scouting depending on your personal circumstances.	http://network.hitchinouts.org/ www.facebook.com/groups/hitchinnetwork/ @HitchinNetwork
2nd Hitchin Scouts (Tilehouse Baptist)	Scout Hut r/o Tilehouse Street Baptist Church, Tilehouse Street, Hitchin, SG5 2EE	Beavers, Cubs & Air Scouts meet Wednesdays	http://www.hitchinouts.org/our-groups
3rd Hitchin Scouts (Walsworth Road Baptist Church)	Church Hall, Walsworth Road, Hitchin, SG4 9SP	Scouts - Mondays Beavers - Tuesdays Cubs - Wednesdays	http://www.hitchinouts.org/our-groups
4th Hitchin Scouts (St Ippolyts)	St Ippolyts Village Hall, Waterdell Lane, St Ippolyts, SG4 7RB	Beavers & Cubs - Mondays	http://www.hitchinouts.org/our-groups
5th Hitchin Scouts (St Mark's Church)	King George's Playing Field, Old Hale Way, Hitchin, SG5 1XL	Scouts - Wednesdays Cubs - Wednesdays Beavers - Thursdays	http://www.hitchinouts.org/our-groups
6th Hitchin Scouts (Priory School)	Sports Hall, Priory School, Bedford Road, Hitchin, SG5 2UR	Beavers, Cubs & Scouts - Tuesdays	http://www.hitchinouts.org/our-groups Twitter: @6thHitchin

7th Hitchin Scouts (Our Lady's Catholic Church)	Scout Hut - 16 Nightingale Road, Hitchin, SG5 1QS	Beavers & Cubs - Mondays Sea Scouts - Tuesdays	http://www.hitchinouts.org/our-groups
8th Hitchin Scouts (Oughton)	Oughton School, Mattocke Road, Hitchin, SG5 2NZ	Beavers, Cubs & Scouts - Wednesdays	http://www.hitchinouts.org/our-groups
9th Hitchin Scouts (1st Ickleford)	Ickleford Village Hall, Arlesey Road, Ickleford, SG5 3UX	Beavers, Cubs & Scouts on Tuesdays	http://www.hitchinouts.org/our-groups
11th Hitchin Scouts (Christchurch)	Church Hall, Bedford Road, Hitchin, SG5 1HF	Beavers, Cubs & Scouts on Thursdays	http://www.hitchinouts.org/our-groups
12th Hitchin Scouts (St Mary's and Holy Saviour)	St John's Community Centre & Church House	Beavers & Cubs - Monday - St John's Community Centre, St John's Road, Hitchin, SG4 9JP Scouts - Friday - St Mary's Church House, Churchyard, Hitchin, SG5 1HP	http://www.hitchinouts.org/our-groups
16th Hitchin Scouts (St Faiths Church)	Highover School, Cambridge Road, Hitchin, SG4 0JP	Beavers, Cubs & Scouts - Friday	http://www.hitchinouts.org/our-groups
17th Hitchin Scouts (St Michaels)	Mary Exton School & St Michaels Community Centre	Beavers & Cubs on Thursdays - St Michael's Community Centre, St Michaels Road, Hitchin, SG4 0QY Scouts on Thursdays - Mary Exton School, St Michaels Road, Hitchin, SG4 0QA	http://www.hitchinouts.org/our-groups
Hitchin District Guides	Various locations around Hitchin	Oversees Uniformed Guide groups; organised as East & West Hitchin Enormous range of activities: outdoor challenges, new skills, international travel, community action projects. Friends & fun.	www.girlguiding.org.uk/interested
Hitchin East	Various	Rainbows - girls aged 5-7 1st Walsworth - St Faiths Church - Tuesday 4th Hitchin - St Ippolyts Village Hall - Thursday 9th Hitchin - Walsworth Road Baptist Church - Monday 11th Hitchin - Holy Saviour Church Hall - Monday Brownies - girls aged 7-10 2nd Hitchin - Church House (St Mary's) - Tuesday	Tammy Hawkins 01462 450894 / 07760 477847 Email: Tammy.hawkins@btopenworld.com

		4th Hitchin - St Ippolyts Village Hall - Thursday 9th Hitchin - Walsworth Road Baptist Church - Thursday 11th Hitchin - Holy Saviour Church Hall - Monday Guides - girls aged 10+ 9th Hitchin - Walsworth Road Baptist Church - Thursday 11th Hitchin - Holy Saviour Church Hall - Thursday	
Hitchin West	Various	Rainbows - girls aged 5-7 3rd Hitchin - Christchurch - Wednesday 10th Hitchin - Christchurch - Tuesday 15th Hitchin - St Marks Brownies - girls aged 7-10 7th Hitchin - Our Lady - Thursday 10th Hitchin - Christchurch - Tuesday 19th Hitchin - Christchurch - Friday 15th Hitchin - St Marks - Tuesday Ickleford - Village Hall - Wednesday Guides - girls aged 10+ 10th Hitchin - Christchurch - Monday 19th Hitchin - Christchurch - Friday Rangers - girls aged 14+ Christchurch - Friday Charges: £20-£30 per term + uniform	Shirley Rossall Email: shirley@rossall.plus.com
<u>Cadet Forces</u>			
1066 (Hitchin) Sqn Air Cadets	Army Reserve Centre, 76 Bedford Road, Hitchin, SG5 2UD	Mondays & Wednesdays 7pm - 9.30pm Age: 12-20 Activities include flying, gliding, sports, Duke of Edinburgh's award, shooting, adventure training, camps, BTEC & various projects. The squadron has its own marching band. Annual subscription: £84	01462 450785 Email: oc.1066@aircadets.org
Hitchin Army Cadets	Army Reserve Centre, 76 Bedford Road, Hitchin, SG5 2UD	Tuesdays & Thursdays 7.30 - 9.30pm Age: 13+ Map reading, adventure training, drill, sports, first aid, fieldcraft, radios & weapon handling. No fees.	01992 582423 Email: ea-bhceo@rfca.org.uk Website: www.armycadets.com
<u>Church Groups</u>			
Christchurch	Church Hall, Bedford Road, Hitchin, SG5 1HF	After School Club (ASC) years 7-11, Mondays 3.45-5pm; Rock Band on Xbox, internet cafe, hang out with friends. EPIC age 11+, Sundays 7-9.30pm; sports, Xbox 360, games & other random activities until	Tom Lewis - 01462 451720 www.christchurchhitchin.org.uk Email: christchurchhitchin@hotmail.com

		8.30pm. Year 10 & over can stay till 9.30pm for a more chilled out hour.	
St Mary's Church	Churchyard, Hitchin, SG5 1HP	Bell Ringing Practice night Mondays 7.30pm. From age 12. A great opportunity for physical, mental & social activity.	Frances Cranfield - Email: fcranfield@standcot.net
Hitchin Christian Centre	Bedford Road, Hitchin, SG5 1HF	Urban Saints - Wednesdays 7-8.30pm, school years 7-13. Fun, friendships, action-packed experiences. Regular theme nights look at big issues & questions in life, Hub nights are about fun, food, friendship & thinking about faith & spirituality.	www.hcc.org.uk/events/urban-saints/
St Mark's Church	Church Hall, St Mark's Close, Lancaster Avenue, Hitchin, SG5 1UR	Crèche and Sunday School facilities available during the 10am Sunday service. For young people with more searching questions we have a Pathfinders (Year 3-6) and Travellers [Year 7+]. The third Sunday of each month is our Family Service where we come together to worship as we do with seasonal celebrations such as Easter, Harvest and Christmas etc. Group with No Name - years 4+, alternate Thursdays 6.30-7.45pm	www.stmarks-hitchin.org.uk/church-groups/children-youth/ jane@stmarks-hitchin.org.uk
Quakers (Society of Friends)	Quaker Meeting House, 1 Paynes Park, Hitchin, SG5 1EH	Children's meeting held 2nd Sunday of each month. Young children learn about their own values and Quaker values through play. Events for older children planned as needed.	Chris: 01763 273321 Helen: 01462 632028 Email: hitchin@quaker.org.uk
<u>Community Centres</u>			
North Herts Minority Ethnic Forum	Unity House Whinbush Road, Hitchin, SG5 1PH	Umbrella organisation for the Black and Minority ethnic communities. Provides extra-curricular activities to improve confidence & self-esteem, & services such as language courses to improve educational achievement for vulnerable children & young people.	01462 440224 Email: admin@nhmef.org.uk www.nhmef.org.uk
<u>Arts, Dance and Music</u>			
Ballroom & Latin Dancing	Hitchin Boys School, Grammar School Walk, Hitchin, SG5 1JB	Classes for Discreet (a fusion of Disco and Street Dance) dancing as well as Ballroom and Latin dances, for ages 8-16 years on Wednesdays from 6pm to 7.30pm.	Rodney Perrott - 01462 686131 07773 688314 Email: enquiries@rodneysdanceschool.co.uk

Big Spirit Youth Theatre	Queen Mother Theatre, Woodside, Hitchin, SG4 9YA	Founded in 1984 at the Queen Mother Theatre to offer actor training and performance opportunities to young people aged 14 to 18. Sundays 3 - 6pm; weekday rehearsal 6 - 8pm Current fees are £400 per annum. There is also an ancillary group called Big Spirit Foundation on Sundays 1-3pm, which costs £6 per session.	01462 434875 / 455166 Email: bigspirittheatre@hotmail.com www.queenmothertheatre.org.uk
Hitchin Language Centre	Paynes Park, Hitchin, SG5 1EH	Ages 11+ Teaching emphasises practical usage, so that students can put into practice very quickly what they have learnt. Classes are small (up to 8), allowing plenty of speaking and listening practice in the target language.	01462 431804 Email: enquiries@hitchinlanguagecentre.co.uk
Hitchin Music Project	Wilshere Dacre School, Fishponds Road, Hitchin, SG5 1NS	Hitchin Light Orchestra - huge community orchestra playing eclectic mix of jazz, Latin, rock, film show & classical music; Tuesdays 7.30 - 9pm; cost: £70 per term. WD Radio - jazz, improvisation, contemporary music. All ages; Saturdays term time, 9.30 - 10.30am. £70 per term. Funky strings - string group playing eclectic mix of music as above; Thursdays 7.30 - 8.45pm. £70 per term. Phat Sax - saxophone group playing eclectic mix of music as above; Thursdays 6.15 - 7.15 pm. £70 per term. Rock School - mainly for guitar, bass, keyboard, drums & vocalists, but all welcome. Classical, contemporary rock & pop, and original composition. Saturdays 10.45 - 11.45am. £70 per term. WD Vocal Project - a capella singing group; all music learned by ear. Saturdays 12 noon - 1pm. £70 per term.	Chris Pyne 01462 431206 Email: chris@pink-champagne.co.uk www.hitchinmusicproject.org
North Herts All Girls Choir	Emil Dale Studios, 60 Wilbury Way, Hitchin, SG4 0TA	For girls 12-18 years, Tuesdays during term time 7.30-9.30pm Junior division girls 7-11 years, Wednesdays. Fees: £65 per term.	Laura Gillions 07796 990968 Email: nhagc@hotmail.co.uk www.northhertsallgirlschoir.com
Hitchin School of Russian Ballet	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	Classes follow the Russian style (Vaganova method) of ballet training. Classes for all ages, starting from 2.5years, through to advanced level. Specialist boys training. Teen beginners. Free taster sessions. Weekdays & Saturday mornings. Fees: for 11 week term & 30 min. classes - £55 11 week term & 60 min. classes - £66-£77	Sally Thompsett-07855 502735 Email: sjthompsett@hotmail.com www.hitchinrussianballet.co.uk
Hitchin Symphony Orchestra	Kingshott School, Stevenage Road, Hitchin,	Promotes live orchestral music in the Hitchin area by providing audiences with symphonic concerts performed to a high standard and to	Paul Rooke 01462 458614 Email: paulrooke@hotmail.com

	SG4 7JX	serve as a concert platform for local musicians, whether orchestral players or soloists. Minimum standard: grade 6 Fees: £66.50 per 12-week term, £16.50 for students, payable autumn & spring terms.	
Hitchin Youth Band	Hitchin Rugby Club, Old Hale Way, Hitchin, SG5 1XL	Brass band offering young players the opportunity to develop their ensemble skills. We perform regularly in public & welcome brass players of all abilities, including beginners. Rehearsals: Mondays 6.30 -7.30pm; £1 per week.	Alice Bailey 01462 423534 Email: youthband@hitchinband.co.uk
Junior Bancroft Players	Queen Mother Theatre, Woodside, Hitchin, SG4 9YA	Combine a fun approach to theatre with high expectations of commitment & self-discipline for children aged 8-13. We develop performance skills & encourage free & confident expression within a secure working environment. Rehearsals: Saturday mornings during term time. Annual membership: £140	Email: juniors@queenmothertheatre.org.uk www.queenmothertheatre.org.uk/junior-bancroft-players
The Market Theatre Kids Club & Youth Group	The Market Theatre, Sun Street, Hitchin, SG5 1AE	The Kids Club - 5-7 years: Fridays 4-5.30pm; Saturdays 9.30-11am 8-10 years: Fridays 4-5.30pm; Saturdays 9.30-11am 11-13 years: Fridays 4-5.30pm; Saturdays 11am - 12.30pm The Youth Group - 14-17 years: Saturdays 11am - 12.30pm Class work includes acting, movement, singing, improvisation, character building and text work. Terms follow the school dates with a whole school show at the end of the Summer term. Cost for all groups: £8 per session (paid weekly)	01462 433553 Email: info@markettheatre.co.uk www.markettheatre.co.uk
North Herts Music School	Highbury House, Highbury Road, Hitchin, SG4 9RU	All performing groups rehearse a wide variety of music and give regular concerts at the Centre. Groups from the North Herts Music School may also have the opportunity to perform at outside venues such as the Gordon Craig Theatre.	01462 434052 Email: hitchinmusicenquiries@hertfordshire.gov.uk
Theatretrain	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	Professional training in the performing arts for young people. One hour dance, one hour drama, one hour singing. Performing in local shows, large scale productions, London West End Theatres. Saturdays 10am - 1pm; age: 6-18 in three groups	Geraldine Hyman - 07724 433914 Email: hitchin@theatretrain.co.uk

St Mary's Church Choirs	Churchyard, Hitchin, SG5 1HP	<p>St Mary's Training Choir For children aged 4-7 years. Term time rehearsals: Tuesdays 4.30-5.15pm</p> <p>St Mary's Choir Junior Choristers aged 7-11 years. Rehearsals: Tuesdays 5.15-6pm; Fridays 6.45-8.15pm</p> <p>Senior Choristers aged 11-18 years. Rehearsals: Tuesdays 6-7pm; Fridays 6.45-8.15pm</p>	Alan Childs - Director of Music Email: a.j.childs@btinternet.com
Young Thespians (Hitchin)	Woodside Hall, Walsworth Road, Hitchin, SG4 9SP	<p>Junior section of Hitchin Thespians Amateur Operatic Society. Perform Musical Theatre productions & concerts throughout the year. New members always welcome.</p> <p>Ages 8-16. Rehearsals Sundays 10am - 12 noon.</p> <p>Membership: £30 per year + production fees (£10-£30 depending on size of production).</p>	Sarah Bailes: 01438 220735 Email: youngthespians@hitchinthespians.org.uk www.hitchinthespians.org.uk
<u>Sports, Life Skills, Fitness and Leisure</u>			
Blueharts Hockey Club	<p>Clubhouse: Lucas Lane, Hitchin, SG5 2JA</p> <p>Pitch: Hitchin Boys' School, Grammar School Walk, Hitchin, SG5 1JB</p>	<p>Boys & girls, all ages welcome. Coaching by qualified coaches. Games mostly played on Sundays. Over 13's can also play in adult league on Saturdays.</p> <p>Training: Under 9's - Sundays 1-2 pm Under 10's & Under 12's - Sundays 2-3pm Girls 13 & over - Tuesdays 8-9.30pm Boys 13 & over - Thursdays 7-8.30pm</p> <p>Annual membership fees: Under 13's - £30; under 18's - £40</p>	01462 624589 Email: mark.russell@thomson.co.uk bluehartshockey@gmail.com www.blueharts.org.uk
HBS Trampoline Club	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	<p>A gymnastic discipline, part of trampoline gymnastics available from 5 yrs up to and including adults.</p> <p>Charges available on request.</p>	HBS Sports Centre Tel: 01462 459270 Email: hbssports@hitchinboys.co.uk
Biggleswade & Hitchin Angling Association Ltd.	-	<p>The Association fishes on the rivers Ouse and Ivel in Bedfordshire, Cambridgeshire and Buckinghamshire and four still waters in Cambridgeshire and Bedfordshire. These waters arguably provide some of the best specimen coarse fishing available in the area at affordable prices.</p> <p>Annual membership: Intermediate (16-17 years) £35; Juniors £20; Family (parents & under 16's) £75; Adults £65; OAP's/Disabled £35</p>	Anthony Pogmore- 01767 223147 information@bighitaa.co.uk
Hitchin Cricket Club Colts	Lucas Lane, Hitchin,	Strong & enthusiastic club spirit; provides cricket for all abilities and ages.	Ian Mills 07540 304331

	SG5 2JA	Junior section caters for young people in school year 3 upwards to year 11.	Email: ian.mills@hitchin97.freereserve.co.uk Chris Maylin Email: chrismaylin68@gmail.com www.hitchin.play-cricket.com
Hitchin Fencing Club	Hitchin Girls School Sports Hall, Highbury Road, Hitchin, SG4 9RS	Hitchin Juniors is a friendly fencing club offering the art of sword fighting to boys and girls aged 9-18 Mondays – 6.30 - 8pm	Tony Middleton 07738 971077 Email: anthonyjjmiddleton@gmail.com
North Herts Blades Fencing Club	St John's Community Centre, St John's Road, Hitchin, SG4 9JP	A not-for-profit community club which welcomes beginners & experienced fencers aged 13 to adult. Beginner classes start every half term & equipment is provided. Wednesdays 7.30 - 9.30pm Charges: £30 per 6-week term (equipment provided) See website for details.	Alastair: 01462 811336 Anna: 01462 637349 Email: northhertsblades@gmail.com www.northhertsblades.com
Hitchin Judo Club	The Old Gymnasium, Hitchin Boys' School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	Juniors (8-12 years) & Cadets (12-16 years) - 7-8.30pm Tuesdays Seniors (16+ years) & Cadets - 8-10pm Thursdays Fees: First 2 sessions free to beginners Juniors & Cadets - £47 for weekly sessions for 6 months Seniors - £52 for weekly sessions for 6 months	www.hitchinjudoclub.co.uk Christopher Stutley 07581 179901 Michael Orton 01462 455568 07889 598765 Email: michael@modesigns.co.uk
Hitchin Karate Club	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	New students and ESKA members looking to enhance their training are always welcome. Saturday 9.30-11.30am; juniors & adults all grades.	www.hitchinkarateclub.co.uk/ John Froy 01582 451396 Email: john.froy737@btinternet.com
Karate @ HGS	Hitchin Girls School, Highbury Road, Hitchin, SG4 9RS	Increase your self confidence with energetic karate. Beginners by appointment only. Wednesdays 6 - 6.45pm; age 5+	Roy or Wendy Hazelwood 0800 8838803 Email: tskagb@gmail.com www.tskagb.co.uk
Hitchin Ki Aikido Club	Hitchin Boys School Sports Centre,	Ki Aikido promotes health, calmness & well-being in a fun way & is accessible to people of all ages & abilities. You do not need to be physically fit or strong. Our intention is to unlock our inner strength by performing movements and mental exercises that help us overcome our weaknesses	Louise Quinn 01462 457740 Email: Louise3767@hotmail.co.uk

	Grammar School Walk, Hitchin, SG5 1JB	& help us deal with the difficult situations we face in our daily lives. Wednesdays 7.45pm Annual membership: £18; charge: £5 per class.	
Hitchin Lego Club	Hitchin Youth Trust, 111 Walsworth Road, Hitchin, SG4 9SP	A club for children and young people to meet and play with LEGO. The group provides the opportunity to make new friends and for parents and carers to meet. The group aims to meet twice monthly, term times, pre-bookings only.	Email: hitchinlego@hotmail.com @hitchinlegoclub https://www.facebook.com/groups/1641145332781719/?ref=ts
Hitchin Town Youth Football Club	Top Field, Fishponds Road, Hitchin, SG5 1NS	Part of the Hitchin Town Football Club community & affiliated to the Hertfordshire FA. Teams compete in the Royston Crow League. Teams for Under 7's to Under 18's Fees: £110 per annum	www.hitchintownfc.co.uk/Hitchin_Town_Youth Paul Males - 01462 630580; 07990 598095 Kerry Haynes 07973 614749 Email: hitchintownyouth@gmail.com
Hitchin Swimming Club	Hitchin Swimming Centre, Fishponds Road, Hitchin, SG5 1HA	A competitive swimming & water polo club with swimmers ranging from competent swimmer entry level up to national level swimmers & water polo players. Extensive programme of squad training. Full details on website.	www.hitchin-swimmingclub.co.uk Email: membership@hitchin-swimmingclub.co.uk
Junior Lifesaving Club	Hitchin Swimming Centre Fishponds Road, Hitchin, SG5 1HA	To participate in this activity you need to be over 8 and able to swim 25m. Age 8+ years; Thursdays 6 - 8pm £6.20 per session; booking is essential.	01462 441646 Email: aquaed.hitchin@sll.co.uk
ATSK Hitchin Karate Club	Baptist Church Hall, Upper Tilehouse Street, Hitchin, SG5 2EE (from 1.10.15)	Age 4 years + Fully inclusive of disability, age, ethnicity, gender. Have fun, keep fit & train your mind & body. Approved by Kalli Kids; accredited by Coachmark. First 3 weeks free followed by £4.50 per lesson.	Kevin Stark 01234 353865 Email: kmjstark@hotmail.com www.atk.co.uk
St John's Ambulance Cadets	-	Learn life saving, make friends, have fun. Age: 10-18	Tracy Kane 07905 671859 Email: Tracy.kane@sja.org.uk

Table Tennis Club	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin SG5 1JB	Table Tennis for Juniors.	Valerie Murdoch - 01462 671191 Email: valmurdoch@advance-internet.com www.northhertstabl etennis.org.uk
HSTS Taekwon-Do	St Michaels Community Centre, St Michaels Road, Hitchin, SG4 0QY.	Continuous beginners classes: Fridays & Sundays 6pm-6.45pm	Glenn: 07850 968160 E-mail: admin@hsts.biz www.hsts.boz
Hitchin Lawn Tennis Club	Hitchin Lawn Tennis Club, Bancroft Recreation Ground, Bancroft, Hitchin, SG5 1PU	Three all-weather, floodlit courts; membership available to all ages. Special offer 2015: under 16's join for free with any parent/carer membership. Term time: Junior coaching (non-members welcome) Tuesday 4.30-5pm mixed (boys & girls) 5-11yrs: £1 Tuesday 5-6pm, mixed 11yrs +: £2 Wednesday 5.30-6.30pm, mixed 11yrs +: £2	07580 342622 01462 455317 Email: enquiries@hitchintennisclub.co.uk Register interest at: coaching@hitchintennisclub.co.uk
Hitchin Kickboxing Club	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	Safe, friendly and effective martial arts tuition for all. Ages 7 - 50+ Wednesdays 7.15 - 8.15pm	Ian Rowe - 07825 224847 Email: ianrowe@promartialartsschools.com www.promartialartsschools.com
TriOneSports	Hitchin Boys School Sports Centre, Grammar School Walk, Hitchin, SG5 1JB	Triathlon Holiday Camps at HBS in most school holidays. Coached swimming, cycling & running sessions, games and a daily event. For all abilities from complete novices to more experienced triathletes. Saturday sessions 13.00 - 15.00 at HBS & Hitchin Swimming Centre.	Howard Davies - 02087 207225 Email: howard@tri1.co.uk www.tri1.co.uk @TeamTriOne
Youth Rugby	Hitchin Rugby Football Club, King George V Playing Fields, Old Hale Way, Hitchin, SG5 1XL.	Hitchin Rugby Football Club is a charity whose mission is to promote the sport of rugby at all age levels for boys & girls within the Hitchin area. This includes: Mini/Midi: boys & girls (U7-U12); Youth: (boys - U13-U17), (girls - U13-U18); Colts (U18)	Tim Jeffries - President 07787 125577 Email: President@HitchinRugby.com

Triangle Community Garden	Ransom's Pavilion, Off Grove Road, Hitchin, SG5 1RQ	Community garden created & cultivated by local people of all ages & abilities. It is part of a local park and is open all year round. Creative hands-on gardening-based activities take place last Sunday of the month 10am - 1pm and are open to all in the local community.	01462 621585 07887 725962 Email: liz@trianglegarden. org www.trianglegarden .org
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