



## Autumn on SUB21

Over the Autumn and until early December we have LOADS of things going on to give you some really good things to do with your time....and they are all FREE !!

All you need to do is to FILL IN THE FORM OR you can register online at [www.sub21.co.uk](http://www.sub21.co.uk)

### Personal information & contact details for activity updates

The participant:

Surname: .....

First name/s: .....

School: .....

Age: ..... Date of birth: .....

Ethnicity: .....

Gender:            Male            Female

Home Address: .....

.....

..... Post code .....

Phone Number:

Home: .....

Mobile for TEXT updates from SUB21: .....

Email for updates from SUB21: .....

I agree for: ..... (name)  
to take part in all activities arranged by North Tyneside Positive Futures as part of the SUB21 programme.

Signed  
*Parent/Guardian if under 16*

Date

**PLEASE NOTE THAT CONFIRMATION OF PLACE, REMINDERS AND UPDATES ARE SENT VIA EMAIL AND TEXT TO THE PARTICIPANT ON THE NUMBER YOU PROVIDE**

**YOU WILL RECEIVE A CONFIRMATION OF YOUR PLACE ON RECEIPT OF YOUR FORM**

# Event list

FILL IN WHAT YOU WANT TO DO or via [www.sub21.co.uk](http://www.sub21.co.uk)  
ALL THROUGHOUT THE AUTUMN UNTIL DECEMBER

## EVERY MONDAY

<b>Bodyfit Toning *</b>	Churchill Community College	3.15 – 5pm	<input type="checkbox"/>
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## EVERY TUESDAY

<b>Bodyfit</b>	Churchill Community College	5.30- 8pm	<input type="checkbox"/>
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<b>Football</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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## EVERY WEDNESDAY

<b>Drop in</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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## EVERY THURSDAY

<b>Bodyfit</b>	Churchill Community College	5.30 -8pm	<input type="checkbox"/>
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<b>Graffiti workshop</b>	Wallsend Boys Club	5.30 – 9pm	<input type="checkbox"/>
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<b>Radio SUB21</b>	Churchill Community College	5.30 -8.30pm	<input type="checkbox"/>
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<b>SKATE/ BMX/ Scooters</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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<b>Nail / Beauty Course</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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<b>Top Chef / Hells Kitchen</b>	Tynemet College	6pm – 9pm	<input type="checkbox"/>
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## EVERY FRIDAY

<b>Kickfit / Kick Boxing</b>	Howdon Fight Factory	4.30 -6.30pm	<input type="checkbox"/>
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<b>Zumba !</b>	Wallsend Golf Club Hall	6pm – 8pm	<input type="checkbox"/>
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<b>Indoor Football</b>	Wallsend Boys Club	7pm – 9pm	<input type="checkbox"/>
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<b>SKATE/BMX/ Scooters</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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## EVERY SATURDAY

<b>SKATE/ BMX/ Scooters</b>	Wallsend Boys Club	6pm – 8pm	<input type="checkbox"/>
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<b>Football</b>	Wallsend Boys Club	5pm – 9pm	<input type="checkbox"/>
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<b>Cookery</b>	Wallsend Boys Club	6pm - 8pm	<input type="checkbox"/>
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<b>Boxing / Boxercise</b>	Wallsend Boys Club	6pm- 8pm	<input type="checkbox"/>
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## Register now for sessions to start within next few weeks :

<b>Young Firefighters Course</b>	Every week for 10 weeks	5.30 – 8pm	<input type="checkbox"/>
<b>Construction / Building</b>	Every week for 10 weeks	5.30 – 8.30pm	<input type="checkbox"/>
<b>Quadbike Quadfather Course</b>	Every week for 5 weeks (Saturdays)	3pm – 5pm	<input type="checkbox"/>