

# Do It NOW 2009

## SPORTS

### Sportspace Tring/Tring Sports Centre

Tring Sports Centre is run by 'Sportspace' and is a dual-use facility within Tring School. Facilities include 25 metre swimming pool, sports hall and Astroturf pitch. The Sports Centre offers a range of activities and courses including Tennis, Badminton and Swimming. Swimming courses cater for all levels from beginners to advanced including water safety sessions.

<b>Location:</b>	Tring School, Mortimer Hill, Tring
<b>Class type:</b>	12 and 13 week courses. Some pay on the day sessions and holiday activities
<b>Equipment/experience:</b>	None. Children are put onto relevant swimming courses depending on ability.
<b>Age Group:</b>	Badminton 6 yrs+, Tennis 5 yrs+, Swimming U5's+ yrs
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	Depends on course
<b>Costs:</b>	Varies depending on course. E.g 12 week badminton course £71.40 or £54 if a sports pass holder (Sportspace membership) or £40.50 if a Dacorum Card holder
<b>Staff Expertise:</b>	All coaches are fully qualified
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	01442 228957, tring@sportspace.co.uk
<b>Website:</b>	www.sportspace.co.uk

### Angling

#### The Tring Anglers

The Tring Anglers are a small and friendly angling club committed to improving and promoting fishing in the surrounding area and helping to protect the local environment. Formed in 1947, they have an open membership policy providing access to a wide variety of fisheries in the area. The club runs a series of Junior Teach-In sessions.

<b>Location:</b>	Grand Union Canal, Aylesbury Arm, Marsworth Reservoir
<b>Class type:</b>	Up to 6 hours on Saturdays
<b>Equipment/experience:</b>	Something to sit on, refreshment and suitable clothing for the weather conditions. 12yrs+ need an EA rod license (available from post office)
<b>Age Group:</b>	5-16 years
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	Free. EA rod licence £5 for 12yrs+
<b>Staff Expertise:</b>	Staff are qualified in Level 2 coaching in Angling
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	juniors@tringanglers.org.uk
<b>Website:</b>	www.tringanglers.org.uk

### Archery

#### Chiltern Archers

Chiltern Archers is one of the largest target archery clubs in the area and is affiliated to Archery GB (G.N.A.S), S.C.A.S and Hertfordshire AA. The club is situated at The Chiltern Archery Centre, the largest archery centre in Europe with 7 ½ acres of outdoor shooting, a purpose build 30m indoor range and retail centre. The club caters for beginners to Olympic archers in all disciplines of archery.

<b>Location:</b>	The Chiltern Archery Centre, Buckland Village, Aston Clinton
<b>Class type:</b>	Beginners – 4x 2hr sessions on Saturdays throughout the year
<b>Equipment/experience:</b>	None
<b>Age Group:</b>	8+ years
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£70 for beginners
<b>Staff Expertise:</b>	Qualified county and national coaches
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Gill 01296 630919, gill@chiltern-archery.co.uk
<b>Website:</b>	www.chilternonline.com

## **Badminton**

### **Sportspace Tring/Tring Sports Centre**

(See Sportspace Tring/Tring Sports Centre at start of Sports section)

## **Bowls**

### **Tring Bowls Club**

The club is managed and operated on a voluntary basis by its members, in a friendly and warm environment and has members of all ages from teenagers to great grandparents. Tring has a 7 rink outdoor green with high hedges built around the green in a picturesque setting. Because of the seasonal nature of bowls, opening hours vary. The green opens from the end of April to the end of September. There are no specific sessions for juniors however coaching is available and the coach is usually on hand on Friday evenings to assist.

<b>Location:</b>	Pendley Sports Centre, Cow Lane, Tring
<b>Class type:</b>	Club open evenings mon-fri from 6pm
<b>Equipment/experience:</b>	Flat smooth soled shoes
<b>Age Group:</b>	11+ years
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£18.75 per annum
<b>Staff Expertise:</b>	Qualified coach
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Bob Gomarsall 01442 822663, Tom Web, coach 01442 864401
<b>Website:</b>	www.tringbowls.co.uk

## **Cricket**

### **Long Marston Cricket Club**

Long Marston Cricket Club have a thriving colts section. Coaching is split into appropriate age groups. The club field sides in competitions for the U9s, U11s, U13s and U15s. Each team has their own manager who helps coach and organise the sides. There is no pressure on the colts to either train or play. The club believe that children should enjoy their cricket and that is the primary aim.

<b>Location:</b>	Long Marston Cricket Ground, Cheddington Lane, Long Marston
<b>Class type:</b>	Weekly (Wednesdays from 6.30pm) in summer
<b>Equipment/experience:</b>	None
<b>Age Group:</b>	7+ years
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£37 family membership (2 colts and 2 adults)
<b>Staff Expertise:</b>	Some ECB qualified coaches
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Tim Hamper, Membership Secretary 01296 662394

### **Tring Park Cricket Club**

Tring Park Cricket Club has been in existence for 172 years. Cricket courses are offered from April through to September. There is participation in local competitive leagues. There are also weekly cricket courses during the school summer holidays and a winter nets programme.

<b>Location:</b>	Tring Park Cricket Club, London Road, Tring
<b>Class type:</b>	2 hour weekly sessions (U8s & U9s Fri 5–7pm. U10s, U11s, U12s & U13s Sun 10am–12pm. U14s & U15s Mon 6–8pm)
<b>Equipment/experience:</b>	No, but as children progress cricket whites will be required, particularly if they are taking part in competitive matches
<b>Age Group:</b>	7+
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£60 per child if paid before end of April or £65 per child thereafter. The first two sessions are free. £10 discount for siblings.
<b>Staff Expertise:</b>	ECB qualified coaches supported by parents, many of whom are also ECB qualified
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Matthew Partner 01442 891272, tpcc.youthsection@btinternet.com
<b>website:</b>	www.tringpark.hitscricket.com

## Football Fever

(Football Fever run coaching in cricket. See 'Football Fever' in Football section.)

## Football

### Football Fever

Football Fever have been running since 2000, they are a professional youth sports coaching business. Football Fever specializes in football, cricket and rugby throughout Herts, Beds and Bucks.

**Location:** Tring Athletic Club, Cow Lane and Miswell Lane, Tring Secondary School and Primary Schools  
**Class type:** Courses of 1 hour weekly sessions in term time, afterschool and lunchtime.  
**Equipment/experience:** None, shin pads are recommended  
**Age Group:** Nursery school age (rising 4's) to school year 10  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £3 per session. £36 for 3 day holiday camps with reductions for siblings.  
**Staff Expertise:** FA qualified coaches, some are also teachers in schools  
**CRB Checks:** Yes, all staff  
**Contact:** Stuart Stedman 07957 560932, stuart@footballfeverdirect.co.uk  
**website:** www.footballfeverdirect.co.uk

### Game On

Game On run a series of holiday camps and courses in both football and multisports. In addition Game On undertake sports coaching in conjunction with individual schools as lunchtime/after school clubs.

**Location:** Grove Road and Dundale Primary Schools Tring  
**Class type:** 1 and 2 day courses 10 – 3pm  
**Equipment/experience:** None  
**Age Group:** School years 1 – 7  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £13 per day or £23 for 2 days. 10% discount for siblings  
**Staff Expertise:** Fully qualified coaches through national sports governing body and 1<sup>st</sup> aid qualified.  
**CRB Checks:** Yes, all staff  
**Contact:** Graham Hall 01923 218124, 07740 437715 graham.gameon@hotmail.co.uk  
**website:** www.gameonfc.co.uk

### Tring Tornadoes Junior Sports Club

Tring Tornadoes Junior Sports Club has been running since 1971 providing Football coaching and matches for U6s to U16s.

**Location:** Grove Road Primary School, Pound Meadow and Cow Lane - Tring  
**Class type:** Weekly sessions, Saturday 9 – 10.30am  
**Equipment/experience:** Shin pads, football boots and general sports clothing  
**Age Group:** 5 – 16 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £80 per child, reduction for siblings  
**Staff Expertise:** Coach in every age group has level 1 coaching badge and is emergency first aid qualified.  
**CRB Checks:** Yes, all staff  
**Contact:** ttenquires@betinternet.com  
**Website:** www.tringtornadoes.co.uk

## Hockey

### Tring Hockey Club

The Tring Hockey Club has been in existence since 1919. Tring Hockey Club is a family friendly, well established and successful hockey club.

<b>Location:</b>	Tring Astroturf Pitch, Tring School, Mortimer Hill
<b>Class type:</b>	1½ hour weekly sessions. Sundays 9 – 12 September to April
<b>Equipment/experience:</b>	Gum shield, preferably own stick, Shin pads and warm clothing advisable
<b>Age Group:</b>	School year 3 upwards
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	U11 £25, U16 £45
<b>Staff Expertise:</b>	Coaches hold coaching qualifications
<b>CRB Checks:</b>	Yes, some staff
<b>Contact:</b>	Tom Elliot, mb 0787 5344408, email: yellows1462@aolcom
<b>Website:</b>	www.tringhockeyclub.org

## Horse Riding

### Hastoe Hill Riding School

Hastoe Hill Riding School provides riding lessons for beginners to advanced. Private livery services for horse owners are also offered. The school is a British Horse Society approved riding school and is a Pony Club centre.

<b>Location:</b>	Hastoe Hill, Hastoe, Tring
<b>Class type:</b>	Individual and group lessons from ½ hr upwards and hacks
<b>Equipment/experience:</b>	None
<b>Age Group:</b>	4 – 14 yrs
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	Vary please enquire
<b>Staff Expertise:</b>	All fully qualified
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Lynn Jarman 01442 828909
<b>Website:</b>	Currently being updated

**Also, Riding for the Disabled, Rossway Group**

## Martial Arts

### Tring Martial Arts Part of UK Martial Arts Ltd, Martial Arts Tuition

Tring Martial Arts has been running since July '05. The club provides martial art training called Kickbox Kids which is a safe, non contact kickboxing class to build fitness, confidence, discipline and courage. Traditional martial arts values such as loyalty, honesty, respect and humility are also taught. Classes contain all aspects of martial arts enjoyed by children within an environment where they can learn the attributes of a martial artist whilst having fun and enjoyment.

<b>Location:</b>	Ridgeway Scout Hall, 37 Grove Road, Tring.
<b>Class type:</b>	10 week terms of 1 hour per week (Monday 4–5pm) in term time. Training Camps are run in most school holidays.
<b>Equipment/experience:</b>	None to start with then uniform
<b>Age Group:</b>	Kickbox kids 6-10 yrs. 11 yrs+ within evening adult/junior classes
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	10 week term £40 per child, reduction for siblings. Other costs include a uniform & grading/martial arts license.
<b>Staff Expertise:</b>	Main Instructor Christopher Allen, Professional Martial Arts Instructor - 2nd Dan Black Belt Kickboxing. Qualified in Child Protection, Health & Safety, First Aid. Public Liability Insurance and has Professional Indemnity Insurance.
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Tring Martial Arts is part of the UK Martial Arts Ltd network of clubs and the full time office can be contacted on 0845 094 8805.
<b>Website:</b>	www.TringMartialArts.com

## Tring Shotokan Karate Club

Tring Shotokan Karate Club is part of Shotokan Karate England and has been running for 15 years. Classes are especially targeted towards beginners, intermediate and advanced Black and Brown Belt students and instructors.

**Location:** The Old Church House, Western Road, Tring and Dundale Primary School, Tring  
**Class type:** 1 hour sessions held four times a week throughout the year.  
**Equipment/experience:** None just loose fitting and comfortable clothing  
**Age Group:** 5+ years  
**Gender:** Boys and Girls  
**Waiting List:** Yes for U7s  
**Costs:** from £20  
**Staff Expertise:** Shotokan Karate England Qualified  
**CRB Checks:** Yes, all staff  
**Contact:** Rosemary New 01442 822756, info@karate-tring.co.uk  
**Website:** www.karate-tring.co.uk

## Rugby

### Tring Rugby Club

Tring Rugby Club has been running for 44 years. Tring was the first club in the country, outside of a school to have a youth section and this has always been a strong part of the clubs development. The U7 to U12 teams play in regular matches and festivals and the U13s+ play in the Herts/Middx/Beds league.

**Location:** Tring Rugby Club, Cow Lane, Tring and at regular tournaments throughout the region  
**Class type:** Sundays 10am – 12 September to April  
**Equipment/experience:** No experience required. Playing Kit, Boots and warm clothing for cold days and gum shields for 8+ years  
**Age Group:** Under 7's to under 18's (6 – 19 years)  
**Gender:** Girls (up to 12 years) and Boys  
**Waiting List:** No  
**Costs:** £65 per child, discounts available for siblings  
**Staff Expertise:** Rugby Football Union trained coaches  
**CRB Checks:** Yes, all staff  
**Contact:** John Harrison, Minis/Juniors Chairman 01296 660903, Karen.harrison10@btopenworld.com  
**Website:** www.tringrugby.com

### Football Fever

(Football Fever run coaching in rugby. See 'Football Fever' in the Football section.)

### Winning Try

Winning Try has been running for 4 years. Winning Try runs after school Tag Rugby and Kwik Cricket courses, holiday Tag Rugby and holiday full contact Rugby courses. Holiday courses run over half terms, Christmas holidays. The annual big rugby summer camp takes place in the 5<sup>th</sup> week of the summer holidays.

**Location:** At various schools in Tring and Villages. Holiday courses run at Tring Rugby Club, Cow Lane, Tring  
**Class type:** 1 hour sessions  
**Equipment/experience:** No  
**Age Group:** 6 – 15 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** After School Clubs £3 per hour, Holiday Clubs £4/5 per hour  
**Staff Expertise:** RFU/ECB qualified coaches. Most staff on the holiday camp have played national one rugby (level 2)  
**CRB Checks:** Yes, all staff  
**Contact:** Tim Holgate 0779 6271319, winningtry@ntlworld.com  
**Website:** www.winningtry.co.uk

## **Tring Squash Raquets Club**

Tring Squash Raquets Club has been running for over 50 years. The club consists of 4 well maintained squash courts and has approximately 400 members, with 20+ leagues; 3 mens teams, 1 ladies, 2 vets and 4 junior teams.

**Location:** Pendley Sports Centre, Cow Lane, Tring  
**Class type:** 20 week courses of 1 hour weekly sessions.  
**Equipment/experience:** Indoor training shoes or squash shoes. The club provides rackets, protective goggles and squash balls.  
**Age Group:** 8 – 16 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £40 for a 20 week course. Some free taster sessions organised.  
**Staff Expertise:** The coaches are level 2 coaches accredited by England Squash  
**CRB Checks:** Yes, all staff  
**Contact:** Betty Longhurst 01296 660711, e.a.longhurst@talk21.com  
**Website:** www.tringsquashclub.co.uk

## **Swimming**

### **Sportspace Tring/Tring Sports Centre**

(See Sportspace Tring/Tring Sports Centre at the front of the sports section)

### **Tring Swimming Club**

Tring Swimming Club is a friendly club with about 150 members. The club is primarily a junior club with children joining once they have completed the Sportspace learn to swim programme or equivalent. We also have a growing Masters & Fitness group for over 14's. The club is affiliated to the Herts ASA and the ASA Eastern Region.

**Location:** Tring Sports Centre, Mortimer Hill, Tring  
**Class type:** 40 mins – 1 hour during the week and on Sunday evenings  
**Equipment/experience:** Able to swim 4 lengths, 1 each of breaststroke, backstroke, front crawl and one other, butterfly if possible. Club trials are held every Sunday.  
**Age Group:** 7 years+  
**Gender:** Boys and Girls  
**Waiting List:** -  
**Costs:** Membership is £205 a year for 2 sessions a week. You also need a Dacorum Sportspace membership which is £9.60.  
**Staff Expertise:** All sessions are led by qualified swimming teachers/coaches.  
**CRB Checks:** Yes, all staff  
**Contact:** Lesley Gearing 01296 660403, info@tringswimmingclub.co.uk  
**Website:** www.tringswimmingclub.co.uk

## **Tennis**

### **Long Marston Tennis Club**

Long Marston Tennis Club has been in existence for over 50 years. Junior coaching sessions are designed to provide an introduction to the game and teach basic shots along with fun drills and exercises. Individual and group coaching sessions are available by arrangement. Use of two tennis courts in beautiful setting throughout year

**Location:** Long Marston Tennis Club, Cheddington Lane, Long Marston  
**Class type:** 1 hour weekly sessions (Thursday eve) throughout the summer.  
**Equipment/experience:** Trainers suitable for tennis court surface - non marking  
**Age Group:** 7 – 16 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Junior Membership is £16 (£10 if parent is club member) Family Membership is £110 - 2 adults and all children under 18 Coaching costs are variable, first session is free  
**Staff Expertise:** SLTA qualified coach  
**CRB Checks:** Yes  
**Contact:** Margaret Kelland, Club Secretary 01296 668314. Jane Dean, Chairman 01296 661950. For coaching enquiries contact Gerry Wyatt 01296 661183, gerry.wyatt@steria.co.uk  
**Website:** www.longmarstontennisclub.co.uk

## Tring Lawn Tennis Club

The Tring Lawn Tennis Club has been running after school activities since the 1980's. Children progress through mini tennis activities to the full court game. Mini Tennis Awards are also worked through and the children have sticker books to monitor their progress. The process follows a pathway from age 5 at school, to Tring sports centre and then onto The Tennis Club. Young players undertake a lot of co-ordination activities which are useful for other sports. The children are placed according to experience and ability.

<b>Location:</b>	Tring Lawn Tennis Club and Tring Sports Centre
<b>Class type:</b>	1 hour weekly sessions in term time courses
<b>Equipment/experience:</b>	No, a racket will be required when children progress onto the club
<b>Age Group:</b>	5 years +
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	Yes, but varies depending on age and ability
<b>Costs:</b>	Lessons cost £5. Club membership is £17 - u10's, £40 - 10yrs+
<b>Staff Expertise:</b>	Licensed and qualified LTA coaches and some of the helpers have also been on appropriate courses
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Barbara Davies DCA licensed coach and junior coaching co-ordinator
<b>Website:</b>	www.tringtenniscub.co.uk

## Yoga

### Yogabugs & Yogad-Up

Yoga bugs is a national organisation and has been in existence for approximately 10 years. Yoga bugs run fun, creative classes for children, designed to stimulate children's powers of imagination, maintain their natural flexibility and teach them to breathe correctly. Classes combine exciting adventures with songs, stories and relaxation techniques. Some of the overall benefits to the children are improved concentration levels, better sleep patterns, greater self esteem and stronger immune system. Yogad-up classes are themed and focus more on partner yoga.

<b>Location:</b>	Long Marston School and other areas locally outside of Tring & villages
<b>Class type:</b>	½ - ¾ hr weekly sessions. 10 - 12 week term time courses
<b>Equipment/experience:</b>	None
<b>Age Group:</b>	Yoga bugs 2½ - 7 year olds Yogad-Up 8 - 12 year olds
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	Yes, dependant on venue
<b>Costs:</b>	£3.50 - £5 per session
<b>Staff Expertise:</b>	Qualified Yoga bugs tutor
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Soraya Allison 07789 536795, soraya.allison@yahoo.co.uk
<b>Website:</b>	www.yogabugs.com

## THE ARTS

### Art

#### Barts Youth Art Club

Barts Youth Art Club has been running since 1996. The club teaches children to draw and paint using a variety of different mediums. Children are taught a range of drawing and painting skills such as how to mix colours, hold a pencil and enlarge using a graph.

<b>Location:</b>	St Bartholomews Church room, Wigginton
<b>Class type:</b>	Pay as you go sessions of 1¼ hours per week in term time
<b>Equipment/experience:</b>	None, children are provided with an art box and all materials
<b>Age Group:</b>	8 years +
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	Yes, classes are of no more than 14 children
<b>Costs:</b>	£1 per session
<b>Staff Expertise:</b>	Full time youth worker and retired commercial artist who ran an art studio in London plus 2 parent helpers
<b>CRB Checks:</b>	Yes - leader, helpers are not checked
<b>Contact:</b>	Roland Gathard 01442 822167

## Dance

### Dance Dayz

Dance Days has been running for nearly 10 years, but has only recently branched out into Tring. Dance Dayz are fun dance classes where children learn funky routines to pop music and exercise by having fun. Dance Dayz also run Holiday Dance Workshops, which combine learning routines, playing dance-based games, making costume accessories and putting on a performance.

**Location:** New Mill Social Centre, Bulborne Road, Tring  
**Class type:** 11 weeks of 1 hour sessions per week (Tuesdays) in term time  
**Equipment/experience:** None  
**Age Group:** 4 – 13 years  
**Gender:** Girls  
**Waiting List:** No  
**Costs:** 4-6 yrs £33, 7-9 yrs £44 and 10 yrs+ £44  
**Staff Expertise:** Degree in Dance (2.1 BA Hons)  
**CRB Checks:** Yes, all staff  
**Contact:** Emily White 01442 890708  
**Website:** www.dancedayz.co.uk

### D Beats School of Dance

IDTA Ballet and ISTD Tap Sessions with graded exams.

**Location:** Tring Community Centre, Silk Mill Way, Tring  
**Class type:** 45 min sessions throughout the year  
**Equipment/experience:** None  
**Age Group:** 5 yrs+  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £4.50 per class.  
**Staff Expertise:** Qualified teacher in ballet, tap and cheerleading  
**CRB Checks:** Yes, all staff  
**Contact:** Debbie Bolam 01525 854285, 0787 2169 286  
**Website:** -

### De Souza Dance Centre

A new dance centre opened in 2009. The centre provides tuition in ballet, jazz, tap, aerobics, singing, drama, music movement and mime for toddlers. Pilates, abdominal workout classes and contemporary and Indian dance. Examinations are also available in all styles.

**Location:** Berkhamsted and Hemel Hockey Club, Cowroast, Tring  
**Class duration:** Terms of 1 hour classes in term time  
**Equipment/experience:** None  
**Age Group:** 2 years through to adult classes, daytime & evening.  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £4.50 - £5 per class  
**Staff Expertise:** Ex professional ballet dancer, RAD registered teacher (rts dip pdtd dist)  
**CRB Checks:** Yes, all staff  
**Contact:** Joanne De Souza 01442 383609, 07809 125257. info@desouzadancecentre.com  
**Website:** www.desouzadancecentre.com

### Flash Dance Academy

Flash Dance offers dance classes in R&B, Hip Hop, Locking and Funk in addition there is a dance troop and the pupils have enjoyed performing for various social occasions in Tring such as the Christmas concert for the Rotary Club amongst other Easter and Summer performances

**Location:** The Scout Hall, Grove Road, Tring  
**Class type:** Weekly sessions between 40 min – 1 hr  
**Equipment/experience:** No  
**Age Group:** 2 – 18 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £4.10 - £6.10 per session  
**Staff Expertise:** Current professional dancers- ex Tring Arts Ed/West End  
**CRB Checks:** Yes, all staff  
**Contact:** Venetia Grivas 0788 690 6852  
**Website:** www.flashdanceacademy.co.uk (under construction)

## Julie Morton School of Dancing

The Julie Morton School of Dancing has been running for 30 years. Sessions are held in Ballet, Tap, Jazz and Musical Theatre

**Location:** Anglican Methodist Church Hall, Sutton Court, Tring  
**Class type:** Classes of ½ - 1 hour duration in term time only.  
**Equipment/experience:** No  
**Age Group:** 3 – 18 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Prices start from £4.50 per class. Discount for multiple classes.  
**Staff Expertise:** Qualified teachers and former professional dancers  
**CRB Checks:** Yes, all staff  
**Contact:** Bill Morton 01442 823632. bill.morton@hotmail.co.uk  
**Website:** www.juliemortonschoolofdancing.com

## The Challis School of Dance

The Challis School of Dance has been running since 2000. Sessions are run in Ballet, Modern, Tap and Jazz by qualified instructors. RAD and ISTD exams are offered or classes just for fun.

**Location:** Church House, Western Road, Tring  
**Class type:** 10 week terms of ½ hour per week in term time. First lesson is a taster session.  
**Equipment/experience:** There is a uniform but this is not required initially  
**Age Group:** 2½ years to mature students  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £37 for a 10 week term  
**Staff Expertise:** All staff are qualified and registered with either/both Imperial Society of Teachers of Dance and Royal Academy of Dance.  
**CRB Checks:** Yes, all staff  
**Contact:** jenny.challis@ntlworld.com  
**Website:** www.thechallisschoolofdance.co.uk

## The Claddagh School of Irish Dancing

The school has been running for 5yrs. Dancers compete in competitions every month and perform each year at Pendley Manor. Some dancers from the school have gone on to be world champions.

**Location:** Red Cross Hall, Faversham Place, Tring  
**Class type:** 1hr weekly sessions, Tuesdays 5-6pm  
**Equipment/experience:** No  
**Age Group:** 3½ - 18 yrs  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £4 per hour  
**Staff Expertise:** Members of CMFA Association  
**CRB Checks:** Yes, all staff  
**Contact:** Margaret Hertford 01442 381241  
**Website:** -

## Tring Park School for the Performing Arts

(See Tring Park School for the Performing Arts in the drama section)

## Drama

### Court Youth Theatre

The Youth Theatre aims to develop your theatre knowledge and abilities through performance and creative skills based workshops.

**Location:** Pendley Court Theatre, Station Road, Tring  
**Class type:** 2 hour sessions 11-13 yrs Saturdays, 14-18 yrs Tuesday eves  
**Equipment/experience:** None  
**Age Group:** 11-18yrs  
**Gender:** Boys and Girls  
**Waiting List:** Yes (places usually become available after a short while)  
**Costs:**  
**Staff Expertise:** Professional actor, writer & director with 15+ yrs experience of running performance projects with young people  
**CRB Checks:** Yes, all staff  
**Contact:** Lucy Palmer 01442 827929  
**Website:** CYT, Tring on facebook

## Drama Workshops

Workshop based sessions covering mime, improvisation, vocal work, breathing exercises and developing confidence. LAMADA examinations are undertaken from grade 1 to gold medal (UCAS points awarded to medals)

**Location:** Old Church House, Western Road, Tring  
**Class type:** 1 hour sessions (Tues & Sat) in term time  
**Equipment/experience:** None  
**Age Group:** 6 – 18 yrs  
**Gender:** Boys and Girls  
**Waiting List:** Yes for some sessions  
**Costs:** £55 per term (10-12 weeks)  
**Staff Expertise:** Fully qualified drama teachers  
**CRB Checks:** Yes, all staff  
**Contact:** Kate Turnley 01296 661389  
**Website:** -

## Perform Drama, Dance and Singing Workshops

Perform have been running for 8 years. Their workshops are a fun packed mix of confidence-building games, energetic dances and catchy songs exclusively for 4 – 8 year olds. In addition Perform also offer holiday courses where children work alongside a team of theatre professionals combining live music, dance and improvisation into a magical mini-performance on the final day.

**Location:** Grove Road Primary School, Grove Road, Tring  
**Class type:** 1½ hour weekly sessions  
**Equipment/experience:** No  
**Age Group:** 4 – 8 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £190 for 10 consecutive sessions. Free trial session  
**Staff Expertise:** All staff undergo a rigorous selection and training process.  
**CRB Checks:** Yes, all staff  
**Contact:** Perform 0845 400 4000, enquiries@perform.org.uk  
**Website:** www.perform.org.uk  
**STOP PRESS!** Look out for Performing Arts Summer Camp 09 – more information in local press when available.

## Tring Park School for the Performing Arts

The school run classes in dance and performing arts. Dance for 5-16 year olds consists of core subjects of ballet, modern & tap. All students must take part in a relevant ballet class to continue with modern and tap classes. There are boys only classes for 8-16 year olds once a month for boys of at least Grade 2 standard. The performing arts course is a skill-building course in acting & singing. Drama work is based on play building & scripted work. The singing programme is musical theatre based, working on the combination of acting with singing.

**Location:** Tring Park School for the Performing Arts, Tring Park, Tring  
**Class type:** Dance - Junior classes on Saturdays 9am - 4.30, Senior classes weekdays 6.30 - 8.30pm. Performing Arts - Tuesdays 5 - 7pm. Dance Courses are available during Christmas & Easter Holidays.  
**Equipment/experience:** There are auditions to assess musicality, rhythm, flexibility & body shape. Performing Arts Course: auditions - create a monologue. Previous singing experience not essential. There is a uniform for dancers and a dress code for performing arts students  
**Age Group:** Dance: 5 – 16 years. Performing Arts: 8 – 16 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Saturday ½ hour session £32, 1 hour session £43 per term. Midweek Dance 2 hour session £86. Performing Arts: £95 per term  
**Staff Expertise:** All staff are highly trained practitioners with both teaching and performance training and skills.  
**CRB Checks:** Yes, all staff  
**Contact:** Miss Nikki Denton 01442 824255 nicola@aes-tring.com  
**Website:** www.aes-tring.com

## **Music**

### **Aldbury Junior Church Choir**

Aldbury Junior Church Choir meets every week for a lively singing practise in Aldbury Church. The choir sings and helps at the family church service every 3<sup>rd</sup> Sunday of the month as well as at weddings, baptisms and other special services on request. The choir also performs at village community events, especially at Christmas and harvest time.

**Location:** Aldbury Church  
**Class type:** 1 hour practise weekly in term time (currently Thursday 4:30 – 5:30 pm)  
**Equipment/experience:** Must be able to read. Black shoes are required for services  
**Age Group:** 7 – 12 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Free. Choristers are paid to sing at weddings  
**Staff Expertise:** Leader has music and school teaching qualifications. There is a parent's rota of voluntary helpers who do not need any specific qualifications  
**CRB Checks:** Yes, all staff  
**Contact:** Jane Brown 01442 851396, jane.r.brown@btconnect.com

### **Hertfordshire Music Service**

Hertfordshire Music Service promotes all kinds of music for all young people in the county. Hertfordshire Music Service, a team within Hertfordshire County Council's Children, School & Families Service is the largest music service in the country. It is also one of the best, having won awards from the National Music Council on five separate occasions. 600 specialist instrumental and vocal teachers deliver instrumental tuition through schools and Music Centres. A comprehensive range of activities running throughout term time and the holidays provides a systematic network of opportunities

**Location:** Tring School, Mortimer Hill, Tring  
**Class type:** 30 min sessions (Group/individual, Brass & Classical Guitar and Drum kit)  
**Equipment/experience:** Instrument being played  
**Age Group:** 7 - 18 year olds  
**Gender:** Boys and Girls  
**Waiting List:** Yes, varies according to instrument  
**Costs:** £56.60 for a group of 3-4 up to £163.40 for individual lessons. There is a Remission of Fees scheme for eligible families and Looked after Children  
**Staff Expertise:** -  
**CRB Checks:** Yes, all staff  
**Contact:** Dacorum Music School 01442 214599 westmusicenquiries@hertscc.gov.uk  
**Website:** www.projectrocked.org

### **Hertfordshire School of Rock**

The Hertfordshire School of Rock is a UK based after school music project, supported by the local authorities, which was founded in 2008. The goal of the school is to teach music in an entertaining and interesting way. It's this ethos which has shone through, and by the look on the kids faces you know they are truly having fun

**Location:** 18 Manor Road, Tring  
**Class type:** 1 hour sessions between 4-7pm of groups of 1-6 children  
**Equipment/experience:** None  
**Age Group:** 8 – 13 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** £10 per hour  
**Staff Expertise:** 25 years music industry experience  
**CRB Checks:** Yes, all staff  
**Contact:** Neil Harris 07989 412883. neil400@ntlworld.com  
**Website:** www.hertfordshireschoolofrock.com

## MAX Choir

MAX Choir has been running for 5 years. The choir is for enthusiastic singers, children learn the skills required to achieve high musical quality and have a lot of fun. The choir perform several concerts a year in various venues.

<b>Location:</b>	Music Room, Tring School, Mortimer Hill, Tring
<b>Class type:</b>	¾ hour sessions weekly in term time only. (Weds 5-5.45pm)
<b>Equipment/experience:</b>	An ability to read well and/or learn words quickly.
<b>Age Group:</b>	8 – 13 year olds
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£30 per term. Try for free sessions are available.
<b>Staff Expertise:</b>	Qualified primary teacher
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Kate Davies, Director 01494 758687, kad01@tiscali.co.uk

## SCOUTS AND GUIDES

### GirlGuiding UK

Girlguiding is an open and inclusive organisation and our programmes are specifically designed to be flexible enough for girls of almost any level of ability to participate. We provide the girls with an enormous range of opportunities which may include activities such as crafts, cooking, fitness, abseiling, canoeing, first aid, drama, community service, international awareness and conversation. Its about adventure, enjoyment and learning life skills including team working and problem solving. We may also offer residential opportunities in the UK and abroad.

<b>Location:</b>	Girlguiding units are run at a variety of community halls in Tring and Long Marston. There is 1 Rainbow unit, 6 Brownie units and 2 Guide units
<b>Class type:</b>	Terms following academic terms
<b>Equipment/experience:</b>	Uniform is required
<b>Age Group:</b>	Girlguiding is divided into three sections, Rainbows 5-6 yrs, Brownies 7-10 yrs and Guides 10yrs+
<b>Gender:</b>	Girls
<b>Waiting List:</b>	Yes, names need to be put onto a waiting list asap.
<b>Costs:</b>	£25 per term
<b>Staff Expertise:</b>	All leaders undertake Girlguiding UK Leadership Qualification
<b>CRB Checks:</b>	Yes all staff
<b>Contact:</b>	Sheila Hill, District Commissioner 01442 823463
<b>Website:</b>	<a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>

### West Herts Scouts

Scouting is 101 years old and the West Herts' oldest group is 99! They meet weekly and undertake a varied and balanced programme of activities. Children are encouraged to attend normal meetings for a few weeks before deciding if they wish to go on with scouting. Further information on what they get up to can be found on the website.

<b>Location:</b>	In headquarters throughout West Herts including Tring & Wilstone/Long Marston
<b>Class type:</b>	Weekly meetings in term times with occasional weekend and holiday activities, camps and outings.
<b>Equipment/experience:</b>	Uniform is required
<b>Age Group:</b>	Beavers 6 - 8 yrs, Cubs 8 – 10½ yrs, Scouts 10½ - 14 yrs
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	Varies from group to group
<b>Costs:</b>	£100+ per year. Each group sets its own annual subscription. Outings, expeditions and camps usually cost extra. Uniform also cost
<b>Staff Expertise:</b>	The Scout Association has a very highly regarded award-winning adult training scheme which all leaders follow
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Mrs Ann Seward 01442 825559, DC@whscouts.org
<b>Website:</b>	<a href="http://www.scouts.org.uk">www.scouts.org.uk</a>

# CHURCH GROUPS

## Akeman Street Baptist Church

Akeman Street Baptist Church run dedicated clubs for children, Explorers, Fish Club and Young Wayfinders. The clubs provide activities, games, crafts, bible songs and stories. Holiday Bible Clubs are also run.

**Location:** Akeman Street Baptist Church Hall, Akeman Street, Tring  
**Class Type:** Explorers and Fish Club 1hr per week, Wayfinders 1½hrs  
**Equipment/experience:** None  
**Age Group:** Explorers 3-5yrs, Fish Club 5-11yrs, Young Wayfinders 11-14 yrs  
**Gender:** Boys and Girls  
**Waiting Lists:** Yes, please check with leaders. No waiting list for Wayfinders  
**Costs:** £1 per child  
**Staff Expertise:** Qualified teacher and youth worker  
**CRB Checks:** Yes, all staff  
**Contact:** Nick Baldwin 01442 827881, info@akemanstreet.org  
**Website:** www.akemanstreet.org

## All Saints Church, Long Marston – Sunday Club

All Saints Church is part of the Tring Team Parish. The aim of the Sunday Club is to provide a relaxed session full of creative fun and friendship as a gentle introduction to Christian Worship. Each session begins with the main congregation where they share the welcoming prayers and first hymn before retiring to the Sunday Club room. The session then carries on with informal discussions and stories on a chosen theme and artistic activities are provided to reinforce the discussions. The Sunday Club then re-enter the service to take communion and blessings with the rest of the congregation and finish with a prayer, song, drink and biscuit.

**Location:** Back room of the All Saints Church, Long Marston  
**Class type:** 4<sup>th</sup> Sunday of month at 10am  
**Equipment/experience:** None  
**Age Group:** 3 – 12 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** -  
**Staff Expertise:** -  
**CRB Checks:** Yes, all staff  
**Contact:** Rev Huw Bellis 01442 822170, huwbellis@btinternet.com  
**Website:** www.tringteamparish.org

## New Mill Baptist Church - Friday Club and Sunday Club

The Friday club has been running on and off for 15 years. Children play board games, cook, have quizzes, play football, table tennis, pool and craft etc. A tuck shop is also available. There is some Christian input for the last 10 minutes. The Sunday Club has been in existence for as long as the church as been having services (over 50 years!) and provides Christian teaching with activities, songs and stories.

**Location:** New Mill Baptist Church in the two halls  
**Class type:** Friday Club – pay as you go sessions of 1¼ hours per week (6.30 – 7.45pm Fridays) in term time. Sunday Club – drop in session of 1 hour per week (10.30 – 11.30am Sundays).  
**Equipment/experience:** None  
**Age Group:** Friday Club 7 – 12 year olds and Sunday Club age 3+  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Friday Club 50p (plus tuck shop money) Sunday Club is free  
**Staff Expertise:** Most staff are current teachers in mainstream schools or colleges. The minister also attends the clubs.  
**CRB Checks:** Yes, some staff  
**Contact:** David Norkett (Minister) 01442 828264  
**Website:** -

## St John the Baptist Church, Aldbury

St John the Baptist Church is part of the Tring Team Parish. Activities include drama, artwork with games and songs, prayers and bible stories.

**Location:** Chapter House, St John the Baptist Church, Aldbury  
**Class type:** First Sunday every month at 10am  
**Equipment/experience:** None  
**Age Group:** -  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Voluntary donation in the church collection  
**Staff Expertise:** -  
**CRB Checks:** -  
**Contact:** Jo Weatherall 01442 851200  
**Website:** [www.tringteamparish.org.uk](http://www.tringteamparish.org.uk)

## St Peter and St Paul Church, Tring – Explorers and Adventurers

St Peter and St Paul Church is part of the Tring Team Parish. There are two Sunday Clubs, Explorers and Adventurers. Children enjoy puzzles, colouring, games, singing and bible stories. Both the Explorers and Adventurers join the family communion Service in the Church for a blessing and final hymn.

**Location:** Anglican Methodist Church Hall, Sutton Court, Tring  
**Class type:** 1 hour session every Sunday 10 – 11am  
**Equipment/experience:** None  
**Age Group:** Explorers 4 – 7 years, Adventurers 7 – 11 years  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** Voluntary donation in the church collection  
**Staff Expertise:** -  
**CRB Checks:** Yes, all staff  
**Contact:** Mary Haywood 01442 825625, Sandra Luddington 01442 822683, Jane Woodhams 01582 477160  
**Website:** [www.tringteamparish.org.uk](http://www.tringteamparish.org.uk)

## Wigginton Baptist Church - Jungle Club & Youth Club

The Wigginton Baptist Church runs a Jungle Club and senior Youth Club. Sessions include indoor and outdoor games, drama and bible teaching. A summer holiday club is also run.

**Location:** Wigginton Primary School (Jungle Club) Wigginton Baptist Church Chapel (Youth Club)  
**Class type:** Jungle Club 1½ hr weekly sessions (Weds 6-7.15pm), Youth Club 2 hr weekly sessions (Fri 7-9pm) in term time  
**Equipment/experience:** None  
**Age Group:** Jungle Club 7-11 yrs, Youth Club 12-18 yrs  
**Gender:** Boys and Girls  
**Waiting List:** No  
**Costs:** No charge, 20p donation which goes to Tear fund charity  
**Staff Expertise:** Qualified teacher and retired teacher  
**CRB Checks:** Yes, all staff  
**Contact:** John Young 01442 824765, aud\_john@hotmail.com  
**Website:** -

## CHILDREN WITH SPECIAL NEEDS

### Riding for the disabled – Rossway Group

Details to be added soon. There are some 35.000 Riding for the disabled members nationally.

### Special Needs Support Group Tring

A local group of parents with children who have additional needs including Dyslexia, Dypraxia, ADHD, Autistic Spectrum Disorder, Auditory Processing Disorder etc. The group is based in Tring and neighbouring areas. This group has monthly get-togethers where everyone can chat and have access to their extensive library of helpful books, CD roms, videos and DVD's for a small hiring fee. There are also occasional relevant speakers.

**Location:** Varies  
**Age Group:** All ages  
**Gender:** Boys and Girls  
**Waiting List:** None  
**Costs:** Free to join the group, minimal costs for borrowing resources.  
**Contact:** 01442 824462  
**Website:** [www.snpst.org.uk](http://www.snpst.org.uk)

## OTHER

### Air Training Corps

The Air Training Corps (ATC) offers experiences not just for those who wish to join the services. The main emphasis is on fun and teamwork. There are some 35.000 members nationally.

<b>Location:</b>	ATC HQ, New Road, New Mill, Tring
<b>Class type:</b>	Monday and Thursdays 7.15pm to 9.45pm plus weekend activities
<b>Equipment/experience:</b>	RAF provides uniform free of charge, you may have to purchase your own shoes and boots.
<b>Age Group:</b>	13 - 18 years
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	-
<b>Costs:</b>	Monthly subscription is £12.00 for enrolled cadets
<b>Staff Expertise:</b>	-
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	ahowlings@yahoo.co.uk
<b>Website:</b>	www.2457tringsquadronatc.org.uk

### “La Jolie Ronde”

La Jolie Ronde has been running for 25 years and was the Business Awards Winner 2007 and voted best school activity by 'what's on for kids 2008'. La Jolie Ronde provides French tuition as an after school activity and lunchtime classes in conjunction with schools. Throughout the sessions children are actively engaged in fun learning activities and games. Fun is an important focus of La Jolie Ronde classes.

<b>Location:</b>	Grove Road Primary School
<b>Class type:</b>	Term time courses of weekly ½ hour classes
<b>Equipment/experience:</b>	A book and CD needs to be purchased from the tutor.
<b>Age Group:</b>	School years 1 – 6
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No
<b>Costs:</b>	£5 per session. The first session is free
<b>Staff Expertise:</b>	Primary school teacher fluent in French
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	Marie Austen 07952 531984
<b>Website:</b>	-

### Natural History Museum at Tring

The museum was originally the private collection of Lionel Walter, 2<sup>nd</sup> Baron Rothchild, and is now part of The Natural History Museum. It houses more than 4000 mounted specimens of animals in a unique Victorian setting. A programme of events for families is run consisting of workshops such as animal printing and mask making.

<b>Location:</b>	Akeman Street, Tring
<b>Class type:</b>	drop in sessions and advanced booking workshops of approximately 1 hour duration
<b>Equipment/experience:</b>	None
<b>Age Group:</b>	U5's, 5+ and 7+
<b>Gender:</b>	Boys and Girls
<b>Waiting List:</b>	No, but some workshops get full very quickly
<b>Costs:</b>	From free to £2 per child
<b>Staff Expertise:</b>	-
<b>CRB Checks:</b>	Yes, all staff
<b>Contact:</b>	0207 942 6171, tring-enquiries@nhm.ac.uk
<b>Website:</b>	nhm.ac.uk/tring

### Tring Youth Council

Tring Youth Council is an elected group of young people who represent the views and issues facing young people in Tring and the surrounding villages. Members are elected every two years by peers however there are opportunities to be co-opted at any time if keen to be involved. Members are aged 11 to 18 years and meet monthly for formal meetings in the Council Chambers. The Youth Council have staged events at Pendley such as Battle of the Bands and taken part in annual Victorian Evening. The Council has fundraised to achieve the building of both the skate park in Pound Meadow and ball court in Miswell Lane. Members are working towards the opening of a new youth centre in the Temperance Hall in the Autumn. Regular social events are held and often get together with the Berkhamsted Youth Council.

## HOLIDAY FUN

Topkidz Group Ltd

Topkidz run after school clubs and holiday clubs in Tring for children aged 5 to 11 years old. Holiday clubs and camps are open to all children in Tring, Berkhamsted and surrounding villages. Look out for lots of new activities and outdoor fun this summer when Topkidz will be running their popular camps at Dundale Primary School.

**Location:** Holiday Club based at Dundale Primary School  
**Class type:** Crafts, outdoor play, theatre, cooking, trips to local attractions all planned this summer  
**Equipment/experience:** Clubs are well established across Hertfordshire  
**Age Group:** Age 5 – 11 years old  
**Gender:** Boys and Girls  
**Waiting List:**  
**Costs:** Prices vary according to sessions booked. Half day sessions available  
**Staff Expertise:** **All staff have NVQs in playwork. Provision is Ofsted inspected.**  
**CRB Checks:** Yes, all staff  
**Contact:** Dupe Balogun on 0845 430 9331  
**Website:** [www.topkidzgroup.co.uk](http://www.topkidzgroup.co.uk)

## APEX MULTISPORTS AT SPORTSPACE TRING

Apex Multisports will be offering their Sports Camps at Sportspace Tring this summer for children aged 5 upwards. Clubs run in the school holidays and are offered from 9 – 4.30 pm.

**Location:** Sportspace Tring, based at Tring School, Mortimer Hill  
**Class type:** multi-sports, dance, Nintendo Wii, swimming  
**Equipment/experience:** Qualified coaches, well established across Hertfordshire  
**Age Group:** Age 5 years upwards  
**Gender:** Boys and Girls  
**Waiting List:** none  
**Costs:** Prices vary according to sessions booked. Half day sessions available  
**Staff Expertise:** **All staff qualified to teach PE in schools**  
**CRB Checks:** Yes, all staff  
**Contact:** Book through website: [www.apexmultisports.co.uk](http://www.apexmultisports.co.uk)  
**Website:** [www.apexmultisports.co.uk](http://www.apexmultisports.co.uk)

## Support

### National Childbirth Trust - Tring

Support and advice during pregnancy, (ante natal classes), childbirth (breast feeding counselling) and with pre-school children.

**Contact:** Kerry Flanagan 0870 112 9257  
**Website:** [www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com)