

Dear Families,

We hope you find this guide useful – once again we have listed as many activities and clubs as we could find, across Tring, Berkhamsted and surrounding villages. No-one is too old or too young for this guide and we hope you enjoy finding out about, and trying new things.

Have fun and enjoy the guide!

SPORTS

General

Sportspace Berkhamsted

Kidspace holiday programmes run every school holiday with a range of activities for children of all ages, swimming crash courses, sports workshops, educational road shows, day camps for 5-7 years and 8-12 years and pool fun sessions. Kidspace sports courses take place after school and at weekends.

☎ 01442 228123

🌐 www.sportspace.co.uk

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.

Location: Tring School, Mortimer Hill, Tring

Class type: 12 and 13-week courses. Some pay-on-the-day sessions and holiday activities

Equipment/experience: None. Children are put on to relevant swimming courses depending on ability

Age group: Badminton 6yrs+, tennis 5yrs+, swimming U5s+

Gender: Boys and girls

Waiting list: Depends on course

Costs: Varies: eg 12-week badminton course £71.40 or £54 if a sports pass holder (Sportspace membership) or £40.50 if a Dacorum Card holder

Staff expertise: All coaches are fully qualified

CRB checks: Yes, all staff

Contact:

☎ 01442 228957

✉ tring@sportspace.co.uk

🌐 www.sportspace.co.uk

Angling

Berkhamsted & District Angling Society

This angling club provides pleasure fishing and match fishing at two ponds within 15 miles of Berkhamsted (Cublington and near Cheddington).

Cost: Membership runs from 1 June to 31 May and costs £10 for juniors

Contact: Paul Welling, chairman

☎ 07907 022290

✉ bdas@talktalk.net

🌐 www.berkhamstedangling.co.uk

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. Medals and certificates are provided for achievements. There is also a marquee for refreshments, shelter and first aid.

Location: Grand Union Canal, Aylesbury Arm, Marsworth Reservoir

Class type: Up to 6hrs Sat

Equipment/experience: Something to sit on, refreshment and suitable clothing for the weather conditions. 12yrs+ need an EA rod licence (available from post office). All junior anglers must be accompanied by a responsible adult

Age group: 5-16yrs

Gender: Boys and girls

Waiting list: No

Costs: Free. EA rod licence £5 for 12yrs+

Staff expertise: Staff are qualified in Level 2 coaching in Angling

CRB checks: Yes, all staff
Contact: Dick Pilkinton
☎ 01582 841985
✉ RPilki6002@aol.com
🌐 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 (GNAS), SCAS and Hertfordshire AA). The club is situated at The Chiltern Archery Centre, the largest archery centre in Europe, with 7½ acres of outdoor shooting, a purpose-built 30m indoor range and retail centre. The club caters for beginners to Olympic archers in all disciplines of archery.

Location: The Chiltern Archery Centre, Buckland Village, Aston Clinton

Class type: Beginners – 4x2hr sessions on Sat throughout the year

Equipment/experience: None

Age group: 8yrs+

Gender: Boys and girls

Waiting list: No

Costs: £70 for beginners

Staff expertise: Qualified county and national coaches

CRB checks: Yes, all staff

Contact: Gill

☎ 01296 630919

✉ gill@chiltern-archery.co.uk

🌐 www.chilternarchers.com

Athletics

Dacorum Athletics Track

Location:

Jarman Park, Jarman Way, Hemel Hempstead HP2 4JS

Contact:

☎ 01442 228690 (Track)

☎ 01442 228000 (Council)

🌐 www.sportspace.co.uk

Badminton

Sportspace Tring /Tring Sports Centre

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

Baseball

Herts Baseball Club (Hemel Hempstead)

Herts Baseball Club has four adult teams and six Little League teams. Its youth programme offers baseball opportunities for boys and girls aged between 6 and 16.

Location: Grovehill Playing Fields, Washington Avenue, Hemel Hempstead

Cost: Youth membership £30 covers the full season from Mar to Sep

Contact: Aspi Dimitrov, club secretary

☎ 07770 630230

✉ aspi@hertsbaseball.com

🌐 www.hertsbaseball.com/littleleague

Basketball

Hertfordshire Warriors Basketball Club

This is an England Basketball 4-star approved club. It offers basketball training and competitive games for boys and girls from ages 8 to 18.

Contact: Caroline Marmo

☎ 07794 126937

✉ hertfordshire.warriors@ntlworld.com

🌐 www.hertfordshirewarriors.com

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.

Location: Pendley Sports Centre, Cow Lane, Tring

Class type: Club open evenings Mon-Fri from 6pm

Equipment/experience: Flat, smooth-soled shoes

Age group: 11yrs+

Gender: Boys and girls

Waiting list: No

Costs: Free taster sessions. Approximate membership cost £18.75 per annum Apr-Apr

Staff expertise: Qualified coaches

CRB checks: Yes, all staff. Coaches have experience in coaching those who have a physical disability

Contact: Bob Gomarsall

☎ 01442 822663

☎ 01442 864401 - Tom Webb, coach

🌐 www.tringbowls.co.uk

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Canoeing

Hemel Hempstead Canoe Club

Hemel Hempstead Canoe Club welcomes all-comers from beginners to experienced paddlers (although juniors must be accompanied by an adult). Membership allows use of the gym, loan of craft and benefit of free advice from other members. The club caters for marathon racing, slalom, WWR, white water and sea kayaking as well as canoeing.

Location: Nash Mills Recreation Centre

Age group: 8yrs+

Club nights: Thurs from 7pm

Contact: Robin Oakley

✉ robin@knockout.net

🌐 www.hhcanoeclub.com

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Cricket

Berkhamsted CC

Location: Kitchener's Field, Berkhamsted HP4 1HE

Age groups: Year 2 upwards

Gender: Boys and girls

Contact: Mark Lewarne

☎ 01442 877165

🌐 www.berkhamstedcc.com

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Football Fever

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

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Long Marston CC

Long Marston Cricket Club has a thriving colts section. Coaching is split into appropriate age groups. The club fields sides in competitions for the U9s, U11s, U13s, U15s and U17s, all of which play in the Aylesbury & District Cricket League. There is no pressure on the colts to either train or play. The club believes that children should enjoy their cricket and that is the primary aim.

Location: Long Marston Cricket Ground, Cheddington Lane, Long Marston

Class type: Weekly (Wed from 6.30pm) in summer

Equipment/experience: None

Age group: 7yrs+

Gender: Boys and girls

Waiting list: No

Costs: £37 family membership (2 colts and 2 adults)

Staff expertise: Some ECB qualified coaches

CRB checks: Yes, all staff

Contact:

☎ 01296 661706

✉ secretary@lmcc.org.uk

🌐 www.lmcc.org.uk

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Tring Park CC

Tring Park Cricket Club has a well established Youth Section coaching cricket for all abilities. A series of local leagues are entered during the summer months and the club operates with ECB Clubmark status. Tring Park Cricket Club's aim is to provide a fun and safe environment for children to learn and play cricket.

Location: Tring Park Cricket Club, Station Road, Tring

Class type: 2hr weekly sessions (mixed ability) Apr to beginning of Sep

Equipment/experience: No, but as children progress cricket whites will be required, particularly if they are taking part in competitive matches

Age group: School Year 1 to U16s

Gender: Boys and girls

Waiting list: No

Costs: £65 per season, discount for payment before 30th April. £10 discount for siblings

Staff expertise: ECB qualified coaches supported by parents, many of whom are also ECB qualified

CRB checks: Yes, all staff

Cater for children with disabilities or special needs: To be discussed with coaching staff

Contact: Matthew Partner

☎ 01442 891272

✉ tpcc.youthsection@virginmedia.com

🌐 www.tringpark.hitscricket.com

Cycling

Tring and Berkhamsted Cycling Campaign (TBCC)

The TBCC aims are to promote facilities and the interests of cyclists in the two towns and their environs, with a focus also on encouraging people to cycle more. It organises a small number of events each year, mostly short recreational rides (not races). It also holds a Bike Fest event each September in Berkhamsted, which is mainly targeted at children and those wishing to learn to cycle, and a Cream Tea ride and Treasure Hunt in Tring. Most of the people on its rides are adults, around middle age, but at the above events a large proportion of children take part.

Costs: £6 pa for adults – a family rate includes children

Contact:

John Boielle, secretary

☎ 01442 822575

✉ boielle@yahoo.co.uk

Tim Vaughan, chairman

☎ 0207 577 2223

✉ timvaughan@waitrose.com

🌐 www.tbcc.org.uk

Football

Berkhamsted Raiders

Berkhamsted Raiders Community Football Club is the only FA Charter Community Standard Club in the Dacorum District. It runs 38 teams, from Under 7s all the way through to the adult team and including six girls' teams. Around 450 children play football at Raiders. In 2009, Berkhamsted Raiders CFC was awarded:

Herts FA Charter Standard Community Club of The Year

FA Eastern Region Community Club of The Year.

Contact: Ian Bramley, secretary

☎ 01442 866505

✉ enquiries@berkhamstedraiders.co.uk

🌐 www.berkhamstedraiders.co.uk

BerkoAstro

Ashlyns School and Berkhamsted Raiders Community Football Club (Raiders) joined forces to provide Berkhamsted with a full-sized floodlit all-weather pitch and changing pavilion for the school and community use. This project has now been phased to make it more achievable. It has applied to the Football Foundation for substantial funding toward the target of £ 585,000 for Phase One. If successful, Phase One can be completed by the end of 2010: a full size floodlit all-weather pitch. This will be available during the day for schools and from 6pm and weekend for community use. While the pitch is a full size football pitch it can be divided into three sections allowing several teams to train at once.

Contact:

☎ 07913 926705

☎ 01923 263086

🌐 www.ashlyns.herts.sch.uk/berkoastro

Football Fever

Football Fever conduct coaching sessions in numerous schools and youth football clubs in the Herts, Beds and Bucks area focussing on football, cricket and rugby. Sessions are held in school, after school and during the school holidays. Football Fever organise a range of holiday camps in the school holidays or on inset/occasional days. Camps can take the following form; Girls Only, Goalkeepers, Tots Tasters, Master Class etc.

Location: Tring Park Cricket Club and at primary schools; also Haresfoot School and Westbrook Hay

Class type: 6-7wk courses of 1hr weekly sessions in term-time.

Holiday courses: 10am-3pm daily (early-bird drop-off available from 9am)

Equipment/experience: Shin pads are recommended. For holiday camp days a packed lunch, drinks and appropriate clothing and footwear

Age group: Nursery school age (rising 4s) to Year 9

Gender: Boys and girls

Waiting list: No

Costs: £2.50-£3 per hour session. Holiday camps £15 per day, £28 for 2 days or £39 for 3 days. Early bird drop off £5 per morning. 25% discount for additional siblings.

Staff expertise: FA qualified coaches; some are also teachers in schools

CRB checks: Yes, all staff

Contact: Stuart Stedman

☎ 07957 56093

✉ info@footballfeverdirect.co.uk

🌐 www.footballfeverdirect.co.uk

Little Kickers (Berkhamsted)

Location: Health & Fitness Centre, Berkhamsted School, Mill Street, Berkhamsted HP4 2BB

Class type: Sat

8.30-9.15am Mighty Kickers, 3½-5yrs

9.25-10.10am Junior Kickers, 2-3½yrs

10.20-11.05am Mighty Kickers

11.15am-12pm Junior Kickers

Contact: Sarah Whale

☎ 01442 878026

✉ swhale@littlekickers.co.uk

🌐 www.littlekickers.co.uk

Ross & Andy Soccer Camps

Locations: After-school clubs during the week at:

Mon: St Mary's School

Tues: Westfield & Bridgewater

Wed: Greenway

Thurs: St Thomas More

Fri: St Mary's & Westfield

Sat: Greenway

Contact:

✉ ross@rasoccercamps.co.uk

🌐 www.rasoccercamps.co.uk

Tring Tornadoes Junior Sports Club

Tring Tornadoes Junior Sports Club has more than 300 boys and girls playing football. The club has teams playing in the West Herts Youth League and the South Bucks League. Last season the U12s were runners-up in both the Aylesbury and Wendover 6-a-side tournament. The aim of the club is to foster a spirit of friendship, sportsmanship and loyalty, and to provide enjoyment from junior soccer for players and parents alike.

Location: Tring Cricket Club, Tring School and Cow Lane, Tring

Class type: Weekly sessions, Sat 9-10.30am and Fri 6.30-8pm

Equipment/experience: Shin pads, football boots and general sports clothing

Age group: 5-16yrs

Gender: Boys and girls

Costs: U6 £40, U7 £75. 2nd Child £50 and 3rd Child £nil

Staff expertise: Coach in every age group has level 1 coaching badge and is emergency First Aid qualified

CRB checks: Yes, all staff

Contact:

☎ 07810 403207

✉ ttenquires@betinternet.com

🌐 www.tringtornadoes.co.uk

Golf

Sportspace Little Hay Golf Complex

Golf workshops during the school holidays for 5-8 year olds and 9 years+.
Registered charity number: 1103980

Contact:

☎ 01442 833798
🌐 www.sportspace.co.uk

Gymnastics

Tring Gymnastic Club

Tring Gymnastic Club runs classes for children and adults using a range of equipment such as spring boards and vaults, floor mats, balance beams and trampoline. Children are able to work towards gymnastic proficiency badges.

Location: Tring Sports Centre, Mortimer Hill, Tring

Class type: 1hr weekly sessions in term-time only. 5-7yrs – Mon 6-7pm, Sat 2-3pm. 8-12yrs – Mon 7-8pm, Sat 3-4pm

Equipment/experience: None

Age group: 5-12yrs

Gender: Boys and girls

Waiting list: No

Costs: £80 per term

Staff expertise: British Gymnastic qualified coaches and first aid trained.

CRB checks: Yes, all staff

Contact: Dean

☎ 07834 549764
✉ dinsport2000@hotmail.co.uk
🌐 www.tringgymnasticsclub.co.uk

Hockey

Berkhamsted Hockey Club

The Club has a men's, women's and a junior's section and is based at Cow Roast, near Berkhamsted.
Please visit the website for further information.

Location: Lockhart Field, Cow Roast, Herts HP23 5RF

Contact: Club House

☎ 01442 822478
✉ info@berkohockeyclub.com
🌐 www.berkohockeyclub.com

Tring Hockey Club

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

Location: Tring Astroturf Pitch, Tring School, Mortimer Hill

Class type: 3 junior sections train weekly Sep to Easter. Years 3-6 Sun 9.30am, Years 7-10 Sun 11am and Year 11 upwards Wed 7pm

Equipment/experience: Tring Hockey Club welcomes beginners and experienced players alike. Trainers, shin pads and mouth shield are a minimum to participate and warm clothing as this is a winter sport so can get cold and wet. Sticks are supplied for the first few weeks then players need to purchase their own. A full range of club kit is available from the junior section but is not compulsory.

Age group: Year 3 upwards

Gender: Boys and girls

Waiting list: Yes, usually at the start of the season

Costs: £60 for the season

Staff expertise: Fully qualified coaches lead all the sessions

CRB checks: Yes, some staff

Contact: Simon Webb

☎ 01442 381435
✉ Simon.webb@ntlworld.com
🌐 www.tringhockeyclub.org/colts.htm

Horse riding

Hastoe Hill Riding School

A BHS-approved riding school in the heart of the Chilterns. Lessons to suit every type of rider are offered, tailored to the individual's requirements, from half-hour private lessons to hour-long group lessons. From the beginner to the more advanced rider: adults, children or owner-riders.

The school provides a wide range of quality horses to cater for almost every size, shape and level of ability. All new clients at Hastoe have an assessment lesson so that you can be put in to an appropriate group for your ability.

Location: Hastoe Hill, Hastoe, Tring

Class type: Individual and group lessons from ½ hr upwards and hacks

Equipment/experience: None

Age group: 4yrs+

Gender: Boys and girls

Waiting list: No

Costs: Prices vary.

Staff expertise: All instructors are BHS trained and qualified, enabling expert tuition for all ages and abilities

CRB checks: Yes, all staff

Contact:

☎ 01442 828909

🌐 www.hastoehillriding.co.uk

Horse riding for the disabled

Gaddesden Place Riding for the Disabled Centre

Teaches children (and adults) with physical or learning disabilities to ride to the best of their ability.

For more information please see the website below. There are downloadable forms for rider applications and volunteers.

Location: Bridens Camp, Hemel Hempstead, Herts HP2 6EX

Age group: 4yrs+

Contact: Christina Grieve

☎ 0845 241 5309

✉ info@gaddesdenplacerta.org.uk

🌐 www.gaddesdenplacerta.org.uk

Registered charity number: 1074313

Riding for the Disabled Association, Rossway Group

Riding for the Disabled gives people with limited mobility the chance to stretch and move muscles in a way that may not be possible with other forms of exercise. Riding also gives a great sense of freedom and develops empathy between riders and horses. Confidence often improves, along with increased self esteem and well-being.

Rossway is a small RDA group. Riders' disabilities cover a fairly broad spectrum of physical and learning difficulties. Currently there are two horses and two ponies and others can be borrowed when necessary. All costs are funded by donations. The ponies and horses are carefully chosen for their calm and even temperaments.

Location: Hastoe Hill, Hastoe, Tring

Class type: Thurs afternoon 1-4pm during term-time. Can cater for about 15 riders – adults and children – spread over 4 sessions.

Individual and group lessons from ½hr upwards and hacks

Equipment/experience: Riders under 18 must have parental consent. All riders must have medical consent.

Gender: Boys and girls

Waiting list: Yes for some time slots

Costs: Please enquire

Staff expertise: All instructors are British Horse Society trained and qualified, enabling expert tuition for all ages and abilities

CRB checks: Yes, all staff

Contact: Irene Purse

☎ 01442 825010

☎ 07947 798581

🌐 www.rda.org.uk

Martial Arts

Bury Judo Club

British Judo Council Judo Club – Affiliated to the British Judo Association.

Location: Adeyfield Community Centre, Queens Square, Adeyfield, Hemel Hempstead

Class type:

Beginners and under 10yrs: 6.30-7.30pm

Juniors (10-16yrs): 7.30-8.30pm

Seniors: 8.30-10.00pm

Costs:

Annual Membership £5;

Juniors 5-16yrs mat fee £2.50

Contact: Roy Smith, senior instructor/coach

☎ 01442 250854 or 07961 105055

✉ roysmith150@btinternet.com

🌐 www.buryjudoclub.co.uk

Rushjudo

A family club based in Berkhamsted, Rushjudo aims to demonstrate that judo is a sport for everyone regardless of age, sex or ability. Judo promotes self-confidence, friendship, respect for others, health and fitness and above all it's fun.

Location: Northchurch Social Centre

Class type: Every Tues evening

Cost: 6-week beginners' course £12

Contact:

☎ 01296 631850

🌐 www.rushjudo.co.uk

Tring Martial Arts

Tring Martial Arts was established in July 2005 to professionally teach Kickboxing, Tai Chi and Self-Defence. With just under 100 students aged between 6 and 61, Tring Martial Arts prides itself on its friendly and respectful classes. Tring Martial Arts is a Black Belt academy, training students to Black Belt and beyond; the competition squad competes at local, national and European level.

Location: Various locations around Tring and villages (see website)

Class type: 10wk terms. Mon – Beginners and white belts 5.15-6pm. Yellow belts and above 4-5pm

Equipment/experience: None to start with, then uniform

Age group: Kickbox kids 6-10yrs. 11yrs+ within evening adult/junior classes

Gender: Boys and girls

Waiting list: Yes for some classes

Costs: Kickbox Kids 10wk term £35/£45, discount available for siblings

Staff expertise: Main Instructor Christopher Allen is a 6th Degree Black Belt and Professional Martial Arts Instructor with 24 years martial arts experience. Qualified in child protection, health and safety and First Aid. Public Liability Insurance and Professional Indemnity Insurance

CRB checks: Yes, all staff

Contact: Christopher Allen

☎ 01442 822883

✉ chris@tringmartialarts.co.uk

🌐 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: 45mins-1hr sessions held throughout the year. Tring Terriers 5-7yrs term-time only

Equipment/experience: Just loose-fitting and comfortable clothing

Age group: 5yrs+

Gender: Boys and girls

Waiting list: For 5-year-olds. No waiting list for 7yrs+

Costs: £60 per 3mth term

Staff expertise: Shotokan Karate England Qualified

CRB checks: Yes, all staff

Contact: Rosemary New

☎ 01442 822756

✉ info@karate-tring.co.uk

🌐 www.karate-tring.co.uk

Wingsun Martial Arts (Hemel Hempstead)

Wingsun is the largest professional kung fu organisation in the world. Learn the Wingsun self-defence system and improve your fitness, coordination and confidence in a fun and friendly environment, beginners welcome.

Location: Hemel Hempstead Catholic Church, The Presbytery, Rant Meadow, Hemel Hempstead, HP3 8PG

Age group: 13yrs+

Contact: Si-Hing Chris Watts

☎ 07809 839527

✉ info@wthemel.co.uk

🌐 www.wthemel.co.uk

Netball

Dacorum Netball Club

Provides netball development for girls starting at Year 5, up to seniors including adults and mums returning to netball. Nominated as 'Club of the Year' in the Dacorum Sports Awards for 2009. Open for players as well as new coaches, umpires, young leaders or administration support assistance.

Locations: Years 5, 7, 8 train alternate Fri at Longdean Sports Centre, Year 8 on Thurs at Cavendish school. Year 9 and Seniors train on Mon at Longdean

Age Groups: Years 5, 6, 7 & 8 participate in junior leagues and tournaments in the Hertfordshire area. We run two youth teams for girls from Year 9 onwards who play in the local Watford league.

Costs: Training fees are £3.50 per session, plus a club subscription depending on team

Contact: Sue Jakeman

☎ 01442 215751

✉ sue.jakeman@uk.bp.com

Shelley Netball Club (Hemel Hempstead)

Formed in 1964, Shelley is a safe and friendly netball club with Sport England Clubmark Accreditation – Silver. It's highly successful and offers competitive opportunities for all age groups and abilities, including boys Under 11, from Herts County League to Watford local league. It is involved in running Netball High Five League (Primary Schools) at Tring School.

Location: Longdean School Sports Centre

Age Groups: U11 and U14 upwards

Class types: Wed:

U11s 6-7pm

U14s 7-8pm

U18s and Seniors 8-10pm

Costs: £3 juniors, £5 U18

Contact: Kath Worrell MBE

☎ 01442 258602

✉ info@shelleynetball.co.uk

🌐 www.shelleynetball.co.uk

Rugby

Football Fever

(Football Fever runs coaching in rugby. See the Football section.)

Tring Rugby Union Football Club

The club caters for rugby fans of all ages and abilities with very successful mini, junior, colts ladies and senior sections. 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 club's development. Many of today's senior players started out in the Mini and Junior section. The U7 to U12 teams play in regular matches and festivals and the U13s+ play in the Herts/Middx/Beds league. Tring host an annual festival for Mini Rugby – clubs from throughout the region compete with over 1,000 children taking part.

Location: Tring Rugby Club, Cow Lane, Tring and at regular tournaments throughout the region

Class type: Sun 10am–12pm Sep to Apr

Equipment/experience: No experience required. Playing kit, boots and warm clothing for cold days and gum shields for 8yrs+

Age group: Minis U7s to U12s, Juniors U13s to U16s

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 or 07920 813130

✉ john.p.harrison@hsbcib.com

🌐 www.tringrugby.com

Winning Try

Winning Try has been running for four 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, summer and Christmas holidays.

Location: At various schools in Tring and Villages. Holiday courses run at Tring Rugby Club, Cow Lane, Tring

Class type: 10wk blocks of 1hr sessions

Equipment/experience: No

Age group: 5-15yrs

Gender: Boys and girls

Waiting list: No

Costs: 10wk course £29.50

Staff expertise: RFU/ECB qualified coaches. All coaches are first aid qualified. Most staff on the holiday camp have played national one rugby (level 2)

CRB checks: Yes, all staff

Contact: Tim Holgate

☎ 07796 271319

✉ winningtry@ntlworld.com

🌐 www.winningtry.co.uk

Scuba

Matthews Sharks (Hemel Hempstead)

We teach scuba diving, for ages 13 to 19, in a friendly and safe environment. We also teach first aid and RYA boat handling.

Contact:

☎ 01442 250067

✉ info@matthewssharks.org.uk

🌐 www.matthewssharks.org.uk

Skating

Planet Ice (Hemel Hempstead)

Location: Silverblades, Leisure World, Jarman Park, Hemel Hempstead HP2 4JW

Contact:

☎ 0845 872 5799

✉ hemel@planet-ice.co.uk

🌐 www.planet-ice.co.uk

Squash

Tring Squash Rackets Club

Tring Squash Rackets Club has been running for over 50 years. The club consists of four well maintained squash courts and has approximately 400 members, with 20+ leagues; three men's teams, one ladies', one vets' and four junior teams.

Location: Pendley Sports Centre, Cow Lane, Tring

Class type: 20 week courses of 1 hour weekly sessions throughout winter on Sat, Sun and Mon

Equipment/experience: Indoor training shoes or squash shoes. The club provides rackets, protective goggles and balls.

Age group: 7–18yrs

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 2/3 coaches accredited by England Squash

CRB checks: Yes, all staff

Contact: Betty Longhurst

☎ 01296 660711

✉ e.a.longhurst@talk21.com

🌐 www.tringsquashclub.co.uk

Swimming

Sportspace Berkhamsted

(See front of Sports section)

Sportspace Tring / Tring Sports Centre

(See front of Sports section)

Beavers Swimming Club for the Disabled

The club provides swimming and exercise for the active disabled and sets out to help physically disabled people to become more active through exercise in water. All ages are catered for and the club aims to have one helper per swimmer, so helpers are always needed in the water and for the changing rooms. The Club also provides a nice sheltered environment for those with temporary disabilities, ie broken limbs, or post operative needs.

Location: Tring Sports Centre, Mortimer Hill, Tring

Class type: Tues 1.20pm-2.20pm

Equipment/experience: Children must be accompanied by an adult in the water (normal adult to child swimming pool ratios apply)

Age group: Any

Gender: Boys and girls

Waiting list: No

Costs: £4 per year membership and 50p weekly

Staff expertise: Volunteers with experience who are confident in the water

CRB checks: Yes, all staff

Contact:

Olive Conway

☎ 01442 381204

Margaret Tucker

☎ 01442 381406

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. The club is affiliated to the Herts ASA and the ASA Eastern Region.

Location: Tring Sports Centre, Mortimer Hill, Tring

Class type: 40mins-1hr during the week and on Sun 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: 8 years+

Gender: Boys and girls

Costs: Membership is £230 a year for two sessions a week. You also need a Dacorum Sportspace membership which is £9.60

CRB checks: Yes, all staff

Contact: Lesley Gearing

☎ 01296 660403

✉ info@tringswimmingclub.co.uk

🌐 tringswimmingclub.co.uk

Tennis

Berkhamsted Lawn Tennis & Squash Racquets Club

Location: Broadwater, Lower Kings Road, Berkhamsted HP4 2AL

Contact:

☎ 01442 863393

✉ manager@bltsrc.co.uk

🌐 www.bltsrc.co.uk

Long Marston Tennis Club

Long Marston Tennis Club is over 50 years old. 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 a beautiful setting throughout year.

Location: Long Marston Tennis Club, Cheddington Lane, Long Marston

Class type: 1hr weekly sessions (Thurs eve) throughout the summer

Equipment/experience: Trainers suitable for tennis court surface – non-marking

Age group: 7-16yrs

Gender: Boys and girls

Waiting list: No

Costs: Junior Membership £16 (£10 if parent is club member); Family Membership £110 – two 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

🌐 www.longmarstontennisclub.co.uk

Tring Lawn Tennis Club

Tring Lawn Tennis Club has been running after-school activities since the 1980s. Children progress through mini tennis activities to the full-court game. Mini tennis awards are worked through. The process follows a pathway from age five at school, to Tring Sports Centre and then on to 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.

Locations: Tring Lawn Tennis Club, London Road, Tring and Tring Sports Centre

Class type: 1hr weekly sessions in term-time courses

Equipment/experience: No, a racket will be required when children progress onto the club

Age group: 5yrs+

Gender: Boys and girls

Waiting list: Yes, but varies depending on age and ability

Costs: Lessons cost approximately £6.30 per session. Club membership is £18 – U10s, £43 – 10yrs+

Staff expertise: Licensed and qualified LTA coaches and some of the helpers have also been on appropriate courses

CRB checks: Yes, all staff

Contact: Barbara Davies, DCA licensed coach and junior coaching co-ordinator

☎ 01442 381478

🌐 www.tringtenniscub.co.uk

Yoga

Beany Yoga

Beany Yoga runs fun, creative yoga classes. Designed to stimulate children's power of imagination, maintain their natural flexibility and teach them to breathe correctly. The classes combine traditional yoga postures with exciting adventure stories (for the little ones), cool music, games and relaxation techniques. Beany Yoga caters for children with disabilities or special needs.

Location: Schools in Tring and Long Marston School

Class type: ½-¾hr weekly sessions. 10-12wk term-time courses

Equipment/experience: None

Age group: 2 ½-4yrs, 5-7yrs, 8-12yrs

Gender: Boys and girls

Waiting list: No

Costs: £40-£60 per term depending on venue

Staff expertise: Qualified BWY adult and children's (Yogabugs) yoga tutor

CRB checks: Yes, all staff

Contact: Soraya Allison

☎ 07789 536795

✉ soraya.allison@yahoo.co.uk

🌐 www.yogabugs.com

YogaBugs & Yoga'd Up

YogaBugs is a national organisation and has been in existence for approximately 11 years. YogaBugs run fun, creative classes for children, designed to stimulate children's 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. Yoga'd Up classes are themed and focus more on partner yoga.

Location: Victoria, Westfield and Greenway (5-7 years), Long Marston School and other venues

Class type: ½-¾hr weekly sessions, 10-12wk term-time courses

Equipment/experience: None

Age group: YogaBugs 2½-7yrs

Yoga'd Up 8-12yrs

Gender: Boys and girls

Waiting list: Yes, dependant on venue

Costs: £3.50-£5 per session

Staff expertise: Qualified Yoga Bugs tutor

CRB checks: Yes, all staff

Contact: Soraya Allison

☎ 07789 536795

✉ soraya.allison@yahoo.co.uk

🌐 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 media. Children are taught a range of drawing and painting skills such as how to mix colours, hold a pencil and enlarge using a graph.

Location: St Bartholomews Church room, Wigginton

Class type: Pay-as-you-go sessions on Tues of 1½hrs per week in term-time

Equipment/experience: None, children are provided with an art box and all materials

Age group: 8yrs+

Gender: Boys and girls

Waiting list: No: classes are of no more than 12 children

Costs: £1 per session

Staff expertise: Full-time youth worker and retired commercial artist who ran an art studio in London plus two parent helpers

CRB checks: Yes – leader; helpers are not checked

Contact:

Roland Gathard

☎ 01442 822167

Brian Jessop

☎ 01442 824907

Berkhamsted Arts & Crafts

Location: 29 Lower Kings Rd, Berkhamsted HP4

Contact:

☎ 01442 866632

🌐 www.art4crafts.co.uk

re:create

re:create provides the town with an arts and crafts centre where all are welcome to come and discover their creativity as a learning experience or simply for general wellbeing. Re:create has grown and expanded and is now open seven days a week providing 13 different classes to over 100 people a week.

Location: 196 High St, Berkhamsted HP4 3AP

Contact: Rose Scarborough

☎ 01442 879602

✉ rose@recreateberko.co.uk

🌐 www.recreateberko.co.uk

Pottery Project

The Pottery Project is a great place to meet friends, bring the kids or just indulge your creative side. It has an extensive range of plain white pottery ready for you to decorate, from children's ornaments to a full dinner service. Paints range from delicate pastels to vibrant primary colours. The Pottery Project serves home-prepared food and drinks including cakes.

Location: 6b Northbridge Rd, Berkhamsted HP4 1EH

Contact:

☎ 01442 865544

✉ contact@thepotteryproject.co.uk

Dance

Bank Mill School of Dancing

Location: Bank Mill Lane, Berkhamsted HP4 2NT

Contact:

☎ 01442 872633

🌐 www.backstage-dance.co.uk

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 Rd, Tring

Class type: 10wk terms of ½hr 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: From £40 for a 10wk term. Discounts for multiple classes

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

☎ 01296 580580

✉ jenny.challis@ntlworld.com

🌐 www.thechallisschoolofdance.co.uk

Claddagh School of Irish Dancing

The school has been running for over five years. 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, Tues 5-6pm

Equipment/experience needed: No

Age group: 3½-18yrs

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

Dance Dayz

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

Location: All Saints Church Hall (Mon/Wed), St John's Ambulance Hall, Northchurch (Thurs) and New Mill Social Centre, Bulborne Road, Tring

Equipment/experience: None

Age group: 4-18yrs

Gender: Girls and boys

Waiting list: Yes

Costs: Reception-Year 1: £36 for 10 ½hr sessions

Years 2-4: £48 for 10 45min sessions

Years 5-8: £48 for 10 45min sessions

Year 9+: £66 for 10 1hr sessions

Staff expertise: Degree in Dance (2.1 BA Hons)

CRB checks: Yes, all staff

Contact: Emily White

☎ 01442 890708

🌐 www.dancedayz.co.uk

Dbeats School of Dance

Melody Movement pre-school classes in: Little Bear Feet, Melody Movement, Tip Tap Toe & My First Ballet. Main school: ISTD Ballet and Tap Grades. Street dance and Cheerleading coming soon.

Location: Tring Community Centre, Silk Mill Way, Tring

Class type: 30-45min sessions throughout the year

Equipment/experience: None

Age group: Pre-school 12mths-4yrs. Main school 5yrs+

Gender: Boys and girls

Waiting list: No

Costs: £4 per class – pre-school

£4.50 per class – main school plus free trial lesson

Staff expertise: Qualified teacher in ballet, tap and cheerleading

CRB checks: Yes, all staff

Can cater for children with disabilities or special needs.

Contact: Debbie

☎ 07872 169286

✉ Dbeats.schoolofdance@googlemail.com

De Souza Dance Centre

De Souza Dance Centre provides training for students of all ages, abilities and fitness levels. Whether students aspire to have fun, get fit, perform professionally or all three, De Souza Dance Centre supports them towards their goals in a friendly and safe environment. Classes are offered in ballet, tap, jazz, musical theatre, singing, Pilates and toddler music & movement; Indian dance

is available in holiday classes. RAD Syllabus classes and examination at graded and major levels are offered. The De Souza Dance Centre also runs courses during school holidays.

Location: Berkhamsted & Hemel Hockey Club, Cow Roast, Tring
Class duration: ½-1 ½hr classes in term-time
Equipment/experience: None
Age group: 2½yrs+
Gender: Boys and girls
Waiting list: No
Costs: £4.50-£5.50 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
🌐 www.desouzadancecentre.com

Dinky Dancers

Dinky Dancers West Herts & the Chilterns are providers of pre-school dance, PE, music and action classes in the community, children's centres, pre-schools, nurseries, sports centres and health clubs.

Contact: Janine Bennett
☎ 01442 874154
🌐 www.dinkydancers.com

Flash Dance Academy

Flash Dance offers dance classes in R&B, hip hop, locking and funk. In addition there is a dance troupe 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 40mins and 1hr
Equipment/experience: No
Age group: 2-18yrs
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
☎ 07886 906852
🌐 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: Methodist Church Hall, Sutton Court, Tring
Class type: 10-12wk terms of ½-1hr in term-time only
Equipment/experience: None, although there is a uniform
Age group: 3-18 years
Gender: Boys and girls
Waiting list: No
Costs: From £47.30 per term. 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
🌐 www.juliemortonschoolofdancing.com

Tring Park Associates

(Part of Tring Park School for the Performing Arts – See Tring Park Associates in the drama section)

Drama

Berkhamsted Youth Theatre

BYT was formed in 1988 to introduce local young people to all aspects of the theatre in a fun and lively way. The group currently runs with about 60 members. Young people are encouraged to audition for major roles as well as backstage. BYT produces two shows a year, usually in April/May and November. The Court Theatre is the venue for performances and rehearsals take place at Haresfoot School. Auditions to join are held once a year. Please call Dorothy Travis for more information.

Age group: 8-18yrs

Contact: Dorothy Travis, membership secretary

☎ 01442 862032

✉ dorothy.travis@ntlworld.com

Court Youth Theatre

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

Location: Rehearsals at Tring School and the Red Cross Hall, Tring. Pendley Court Theatre, Station Road, Tring

Class type: 2hr sessions 11-13yrs Sat, 14-18yrs Tues evenings

Equipment/experience: None

Age group: 11-18yrs

Gender: Boys and girls

Waiting list: Yes (places usually become available after a short while)

Costs: £70 per term

Staff expertise: Joley Brindle and Liz Raba. Arts practitioner, theatre director and drama therapist with over 17 years experience of devising arts projects with young people.

CRB checks: Yes, all staff

Contact: Leigh Amos

☎ 07703 298118 / 01442 826057

📱 CYT, Tring on Facebook

(website in development)

Dacorum Youth Productions

We aim to:

- Provide groups and individuals with the opportunity to explore the complete production process
- Provide a space in which groups can create an original project
- Inspire creative skills
- Enhance communication skills.

Contact: Liz Raba

☎ 07946 494919

Joley Brindle

☎ 07795 026038

✉ Info@flametreeproductions.co.uk

📱 www.flametreeproductions.co.uk

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 and Pitstone Memorial Hall

Class type: Tring - 1hr sessions (Tues & Sat). Pitstone – 2x 1hr sessions (Weds) in term-time

Equipment/experience needed: None

Age group: 6-18 yrs

Gender: Boys and girls

Waiting list: Yes for some sessions

Costs: £60 per term of 10-12 weeks

Staff expertise: Fully qualified drama teachers

CRB checks: Yes, all staff

Contact: Kate Turnley

☎ 01296 661389

✉ turnley@gotadsl.co.uk

Get Stuffed Comedy Club

Get Stuffed is a comedy club for adults and children. Get Stuffed for Kids provides a unique comedy experience for children and is one of only two such clubs in the country. The comedy events for kids have featured the likes of John Hegley, Milton Jones and James Campbell. Those who attend are very much enthused by the comedy that is specifically dedicated for them. In addition to the comedy performances there are opportunities for children to perform their own work on stage. Get Stuffed is non-profit making and all proceeds go to good causes.

Location: Various, including The Court Theatre, Pendley, Tring and The Desborough Hall, Tring School

Class type: Afternoon performances of 45 mins – 1 hour duration

Equipment/experience: None
Age group: 6+
Gender: Boys and girls
Waiting list: No
Costs: Ticket costs vary between free and £15
Staff expertise: Leading comedians
CRB checks: Yes, all staff
Contact: Ben Moorhouse
✉ ben@get-stuffed.biz
🌐 www.get-stuffed.biz

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: 1½hr weekly sessions, Sat 2.30-4pm
Equipment/experience needed: No
Age group: 4-8yrs
Gender: Boys and girls
Waiting list: No
Costs: £195 for 10 consecutive sessions. Free trial sessions available
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
🌐 www.perform.org.uk

Spellbound Drama Club

Spellbound drama club is an informal drama club ideal for building confidence and self-esteem within a fun and supportive environment.

Location: Little Gaddesden Village Hall, Church Road, Little Gaddesden, Herts HP4 1NX
Class type: Fri – 3.45-8pm
Age group: 5-18yrs (term-time only)
Contact: Julie McCarthy
☎ 01442 842223

Tring Park Associates

(Part of Tring Park School for the Performing Arts)

Tring Park School for the Performing Arts is one of the foremost performing arts and academic schools in the UK. Tring Park Associates offers the opportunity to take daily after-school classes at the school and to be part of this unique institution.

Location: Tring Park School, Mansion Drive, Tring HP23 5LX
Class type: Baby ballet, creative storytelling, drama, performance singing, dance exams, contemporary and jazz classes.
Equipment/experience: For children aged 8+ there are auditions to assess musicality, rhythm, flexibility & body shape form. Previous singing experience not essential. There is a uniform for dancers and a dress code for drama students
Age group: Dance: 3-18 years. Drama Skills: 8-18 years. Storytelling age 3+
Gender: Boys and girls
Waiting list: No
Costs: Vary depending on class
Staff expertise: Top class professional teachers. All staff are highly trained practitioners with both teaching and performance training and skills
CRB checks: Yes, all staff
Can cater for children with disabilities or special needs, depends on class, please enquire.
Contact: Nicola Denton
☎ 01442 824255
✉ nicola.denton@tringpark.com
🌐 www.tringpark.com

Languages

La Jolie Ronde

La Jolie Ronde provides French tuition as an after-school activity and as 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. Mother and toddler sessions are also available.

Location: Grove Road Primary School
Class type: ½hr sessions in term-time (Tues 3.30-4pm & 4.10-4.40pm)
Equipment/experience: A book and CD needs to be purchased from the tutor
Age group: 4yrs+
Gender: Boys and girls
Waiting list: No
Costs: £5 per session – first lesson free
Staff expertise: Primary school teacher fluent in French
CRB checks: Yes, all staff
Contact: Marie Austen
☎ 07952 531984

Le Club Français

Contact: Corinne Mandard
✉ corinnemandard@btinternet.com

Music

Aldbury Junior Church Choir

Aldbury Junior Church Choir undertakes weekly singing practices at Aldbury Church. The choir sings and helps at the family church service on the third Sunday of the month. It also sings at weddings, baptisms and other special services and at community events, especially Christmas and harvest time.

Location: St John the Baptist Church, Aldbury
Class type: 1hr weekly in term-time
Equipment/experience: Must be able to read. Black shoes are required for services
Age group: 7-12yrs
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
Cater for children with disabilities or special needs: Yes
Contact: Jane Brown
☎ 01442 851396
✉ jane.r.brown@btconnect.com

Berko's Big Band

Formed in 2009 for musicians – instrumental and vocal – under the age of 20. Rehearsals are at Ashlyns School Chapel but the Band (and choir) are open to students from around the area.

Location: Rehearsals at Ashlyns School Chapel every two weeks
Equipment/experience: Any instrument or voice; the choir is 12-strong and the Band welcomes singers and other musicians
Age group: Up to 20yrs
Gender: Boys and girls
Costs: £30 a term (£15 for vocalists)
Contact: Sam Sommerfeld
☎ 01442 879854
✉ berkobigband@gmail.com
🌐 www.berkosbigband.co.uk

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 and has 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 and Tring Music Centre at Grove Road Primary School, Tring
Class type: Mon: Tring Music Centre – recorder, strings, choir, keyboard, music & movement.
Tring School – Rock School: 30min sessions within a group or individual lessons
Equipment/experience: Instrument being played
Age group: 2-11yrs
Gender: Boys and girls
Costs: £56.60 for a group of 3-4 up to £163.40 for individual lessons. Remission of fees scheme for eligible families and children
CRB checks: Yes, all staff

Contact: Dacorum Music School

☎ 01442 214599

✉ westmusicenquiries@hertscc.gov.uk

🌐 www.hertsmusicservice.org.uk

Hertfordshire School of Rock

Hertfordshire School of Rock provides musical instrument tuition with a difference. Working with groups of children to form bands and play in local gigs on a regular basis. A truly fun way to learn an instrument. The Hertfordshire School of Rock has established a great name with local authorities and schools across Hertfordshire and has recently worked with the BBC, Three Rivers, Hertsmere and Dacorum Boroughs rolling out projects for kids.

Location: Tring

Class type: 1 hour sessions between 4-7pm of groups of up to six children

Equipment/experience: None

Age group: 8-16yrs

Gender: Boys and girls

Waiting list: No

Costs: £10-£15 per hour

Staff expertise: 25 years music industry experience including management, production and recording. Insured with first aid training

CRB checks: Yes, all staff

Cater for children with disabilities or special needs: Yes, but not on School of Rock premises.

Contact: Neil Harris

☎ 07989 412883

✉ neil400@ntlworld.com

🌐 www.ProjectRockEd.com

Kidzrock!

Grow musically and socially over two or three full days of playing, writing and performing in a real live rock band with new friends.

Age group: 9-17yrs

Contact:

☎ 01442 863906 / 07970 172977

🌐 www.kidzrockmusic.co.uk

MAX Choir

MAX Choir has been running for seven years. The choir is for enthusiastic singers who want to commit to learning the skills required to achieve a high musical quality. A lot of fun is also had. The choir perform several concerts a year in various venues.

Location: Music Room, Tring School, Mortimer Hill, Tring

Class type: ¾hr sessions weekly in term-time only. (Weds 5-5.45pm)

Equipment/experience: There are no auditions but children need to be able to read well and/or learn words quickly

Age group: 7-13yrs

Gender: Boys and girls (more boys needed!)

Waiting list: No

Costs: £30 per term. Try for free sessions are available.

Staff expertise: Qualified primary teacher

CRB checks: Yes, all staff

Cater for children with disabilities or special needs: Yes, lift available

Contact: Kate Davies, director

☎ 01494 758687

✉ kad01@tiscali.co.uk

Singing teacher

Jeanette Ager gives private tuition from her home in Berkhamsted.

Contact:

☎ 01442 381359

☎ 07976397642

✉ jeanette@jeanetteager.com

🌐 www.jeanetteager.com

YOUTH GROUPS

Scouts & Guides

Girl Guiding UK

Girl Guiding is an open and inclusive organisation and its programmes are specifically designed to be flexible enough for girls of almost any level of ability to participate. It provides 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. It's about adventure, enjoyment and learning life skills including team working and problem solving. We may also offer residential opportunities in the UK and abroad.

Location: Girlguiding units are run at a variety of community halls in Tring, Berkhamsted and the surrounding villages (eg 1st Little Gaddesden Brownies)

Class type: Terms following academic terms

Equipment/experience: Uniform is required

Age group: Girlguiding is divided into Rainbows 5-6yrs, Brownies 7-10yrs and Guides 10yrs+

Gender: Girls

Waiting list: Yes, names need to be put onto a waiting list asap.

Costs: £25 per term

Staff expertise: All leaders undertake Girlguiding UK Leadership Qualification

CRB checks: Yes all staff

Contact: Sheila Hill, district commissioner

☎ 01442 823463

🌐 www.girlguiding.org.uk

West Herts Scouts

Scouting is 101 years old and West Herts' oldest group is 100! It is the largest coeducational voluntary youth organization in the country. It provides a varied and balanced training programme focusing on challenge, adventure and development. New members are encouraged to attend normal meetings for a few weeks before deciding to go on with scouting. Scouting is entirely voluntarily led. We always need more help and parents are encouraged to help and become leaders themselves. Scouting is fun. Leading Scouting is fun and rewarding.

Location: Tring area including Wilstone and Long Marston

Class type: Weekly meetings in term-times with occasional weekend camps and summer camps/expeditions.

Equipment/experience: Uniform is required

Age group: Beavers 6-8yrs, Cubs 8-10½yrs, Scouts 10½-14yrs, Explorers 14-18yrs

Gender: Boys and girls

Waiting list: Yes in some sections

Costs: Annual subscription varies between groups – around £100 per year. Uniform, camps and expeditions cost more

Staff expertise: The Scout Association has a highly regarded training scheme which all leaders follow

CRB checks: Yes, all staff

Cater for children with disabilities or special needs: Yes but not in all groups

Contact: Alan Rand

✉ dc@whscouts.org

🌐 www.whscouts.org

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.

Location: ATC HQ, New Road, New Mill, Tring

Class type: Mon and Thurs 7.15-9.45pm plus weekend activities

Equipment/experience: RAF provides uniform free of charge; you may have to purchase your own shoes and boots

Age group: 13-18yrs

Gender: Boys and girls

Waiting list: No

Costs: Monthly subscription is £12 for enrolled cadets

CRB checks: Yes, all staff

Contact:

✉ aowlings@yahoo.co.uk

🌐 www.2457tringsquadronatc.org.uk

Others

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 once a month at the Swan Youth Centre.

The Tring Youth Council has staged events at Pendley, such as the Battle of the Bands, and taken part in the annual Christmas Festival. The Councils have also fundraised to achieve the building of skate parks and the ball court in Miswell Lane. Regular social events are held and both Tring and Berkhamsted Youth Councils often get together to coordinate young peoples' provision across the area.

Contact:

Herman Williams

☎ 01442 454060

✉ youthcouncil@tring.gov.uk

Swan Youth Centre

Its programme of activities offers young people of 12-18 years the opportunity to meet informally with friends to enjoy a variety of social educational activities. Members can access information on many issues that affect them, enabling them to make positive choices. They are also encouraged to have a sense of ownership in the Centre by including them in decision-making. The Centre is equipped with a pool table, DJ booth, table football, Internet room, Nintendo wii, chill-out room, coffee bar, drum kit and air-hockey.

Location: 137-139 High St, Berkhamsted HP4 3HH

Contact: Clare Muir

☎ 01442 384349

🌐 www.swanyouthcentre.co.uk

Tring Youth Project

Tring Youth Project is based at the Temperance Hall on Christchurch Road, Tring. It is open after school five days a week with a later session on Friday evenings. Dominic Bowers (Youth Leader) and Tom Wright (Youth Worker) welcome all local young people aged 12 to 25 years old. To find out more, call in and meet the team. Look out for lots of trips and visits this summer holidays organised by the team. The Hall offers pool, darts, lots of console games, internet access and a tuck shop, or just come down and meet friends your friends. Sessions are free.

Family

Attractions

Berkhamsted Castle

Location: Next to the railway station

Open: 10am-4pm (winter)

10am-6pm (summer)

Cost: Free

Contact: Mr Stevens, key keeper

Natural History Museum at Tring

The Hertfordshire museum has been part of the Natural History Museum since 1937 and its remarkable collections were once the private passion of its founder, Lionel Walter, second Baron Rothchild. Now more than 130,000 visitors a year experience the fascinating world of a Victorian collector, where they can see a huge variety of wild, weird and wonderful specimens from across the animal kingdom – from the extinct quagga to dressed fleas. A programme of events for families is run consisting of workshops such as animal printing and mask making.

Location: Akeman Street, Tring

Class type: Drop-in sessions and advanced booking workshops of approximately 1hr duration

Equipment/experience: None

Age group: U5s, 5+ and 7+

Gender: Boys and girls

Waiting list: No, but some workshops get full very quickly

Costs: From free to £2 per child

CRB checks: Yes, all staff

Contact:

☎ 0207 942 6171

✉ tring-enquiries@nhm.ac.uk

🌐 www.nhm.ac.uk/tring

Churches & church groups

Akeman Street Baptist Church

Akeman Street Baptist Church run dedicated clubs for children, Explorers, Fish Club and Younger 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, Younger 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

🌐 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-enters 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: 4th Sun of month at 10am

Equipment/experience: None

Age group: 3-12yrs

Gender: Boys and girls

Waiting list: No

Costs: No

CRB checks: Yes, all staff

Contact: Jane Bannister

☎ 01442 822170

🌐 www.tringteamparish.org

New Mill Baptist Church, Tring – Friday 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.

Location: New Mill Baptist Church, Tring (in the two halls)

Class type: Friday Club – pay-as-you-go sessions of 1½hrs per week 6.30-7.45pm in term-time

Equipment/experience: None

Age group: Friday Club 7-12yrs

Gender: Boys and girls

Waiting list: No

Costs: Friday Club 50p (plus tuck shop money)

Staff expertise: All have experience of working with children

CRB checks: Yes, some staff

Contact: David Norkett

☎ 01442 828264

✉ david.norkett1@ntlworld.com

St Cross, Wilstone – Messy Church

An opportunity for families to explore church together through games and activities finishing with tea.

Location: St Cross Church, Wilstone

Class type: 1st Sun of the month 4-5.30pm

Equipment/experience: None

Age group: All ages with parent/carer

Gender: Boys and girls

Waiting list: No

Costs: No charge

CRB checks: Yes, all staff

Contact: Jo Wetherall

☎ 01442 851200

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

Family service: First Sun of month at 10am

Contact: Jo Weatherall

☎ 01442 851200

🌐 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: Tring Parish Church Hall, Sutton Court, Tring

Class type: 1 hour session every Sunday 10-11am

Equipment/experience: None

Age group: Explorers 4-7yrs, Adventurers 7-11yrs

Gender: Boys and girls

Waiting list: No

Costs: Voluntary donation in the church collection

CRB checks: Yes, all staff

Contact:

Mary Haywood

☎ 01442 825625

Sandra Luddington

☎ 01442 822683

Jane Woodhams

☎ 01582 477160

🌐 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 (Wed 6-7.15pm), Youth Club 2hr weekly sessions (Fri 7-9pm) in term-time

Equipment/experience: None

Age group: Jungle Club 7-11yrs, Youth Club 12-18yrs

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

☎ 01296 632516

✉ aud_john@hotmail.com

UNDER 5S

Other Specific Baby & Toddler Activities

Bumps & Babes – Tring NCT

A way of meeting and keeping in touch with other new parents, Tring NCT host pop-in style informal get-togethers over a coffee and croissant every month.

Location: Rose & Crown, Tring

Sessions: Last Friday of month, 10 – 11:30am

Costs: Small charge to cover coffee & croissant

Contact:

☎ 08442 436301

✉ tringnct@googlemail.com

Bumps to Crawling

A session for expectant parents and new parents where babies can explore their developing world. Come along for a warm welcome, a chat and a cuppa; information and advice also available.

Location: Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring

Sessions: Tues 10-11:30am

Costs: None

Contact: Andrea or Nicky

☎ 01442 426922

☎ 07595 204350

🌐 www.hertschildrenscentres.org.uk/orchard

Creative Toddlers

Arts, crafts, singing, stories and free play. Run by parents and carers, non-profit making. Smaller play area for younger siblings who are welcomed.

Location: Red Cross Hall, Faversham Road, Tring

Sessions: Tues 9:30-11:30am, term time

Age group: 2 – 5 years

Costs: £2.50 per session

Contact: Chris McMahon

☎ 01442 825249

Tring Toy Library at Orchard Children's Centre

A wide selection of toys for hire. Toys are hired on a 2 week basis. Also an Equipment Lending Library for things like, travel cots, highchairs etc.

Location: Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring

Sessions: please contact the Children's Centre for further details

Costs: £1 - £4 for 2 week hire of toys

Contact: Andrea or Nicky

☎ 01442 426922

🌐 www.hertschildrenscentres.org.uk/orchard

Stay and Play Sessions

Childminders Stay and Play

An opportunity for childminders to share good practice and ideas, with the children they care for.

Location: Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring

Sessions: Thurs 10-11:30am, term time only

Costs: None

Contact: Andrea or Nicky

☎ 01442 426922

🌐 www.hertschildrenscentres.org.uk/orchard

Messy Play

Messy Play Sessions with Orchard Children's Centre, come and have fun with your children. Painting, sand, water and lots more on offer.

Location: Top Kidz Porta Cabin, Dundale Primary School, Silk Mill Way, Tring

Sessions: Thurs 10-11am

Costs: £1 per session

Contact: Andrea or Nicky

☎ 01442 426922

🌐 www.hertschildrenscentres.org.uk/orchard

Young Parents Stay and Play

Stay and play session for parents under 25yrs and their children, all age children welcome. Come and have fun, lots of fun activities.

Location: Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring

Sessions: Wed 1 – 3pm

Costs: none

Contact: Andrea or Nicky

☎ 01442 426922

🌐 www.hertschildrenscentres.org.uk/orchard

SUPPORT

Family Information Service

If you want help finding sources of support, Hertfordshire's Family Information Service offers a telephone service with guidance on local childcare and children's services. Open Monday to Friday, 8.30am to 4.30pm call from anywhere in Hertfordshire for the cost of a local call.

Contact:

☎ 0300 123 4052

🌐 www.hertsdirect.org/fsd

National Childbirth Trust, Tring

Run by local parents, the NCT offers support, information and friendship to new parents and parents-to-be. A range of support is available such as:

- Antenatal classes for expectant parents – an excellent way to prepare for the new arrival and make new and lasting friendships
- Tring & District Nearly New Sale provides an opportunity for local people to pick up fantastic bargains on toys, books, clothes, and much more for children from birth to seven years, plus maternity clothing and nursery equipment
- Postnatal support – through coffee groups
- Meeting other local parents if you are at home with small children or new to the area.

The NCT is a membership organisation. As an NCT member you will receive the NCT magazine, plus regular newsletters from your local branch. As a member, you are welcome to attend the Tring & District NCT monthly branch team meeting, usually held on the first Monday of every month, 8pm at The Rose & Crown, Tring.

Contact:

☎ 0844 243 6301
 ✉ tringnct@googlemail.com
 🌐 www.nctpregnancyandbabycare.com/in-your-area/tring

Special Needs Parent Support Tring

Special Needs Parent Support Tring is a group of parents of children with special needs such as dyslexia, dyspraxia, Autistic Spectrum Disorder, ADHD, Auditory Processing Disorder etc. The group covers Tring and neighbouring areas. It meets approximately monthly in term-time at members' houses for either coffee mornings or afternoons.

There is an extensive library of books, CD Roms, videos, DVDs etc which can be hired for a small fee per item (50p to £1 for the month). Occasionally there are invited speakers, which have included the Extended Schools Co-ordinator, an Occupational Therapist and the Parent Partnership Officer covering Tring.

Contact: Angela Mitchell

☎ 01442 824462
 ✉ info@snpst.org.uk
 🌐 www.snpst.org.uk

Health Visitors

Health Visitors:

Heather Painter & Maggie Mackensie

Nursery Nurse

Sara Blunden

Venue:

Tring Clinic, Station Road, Tring, Herts, HP23 5NF

Contact:

☎ 01442 823600 / 891209

Child Health Clinics:

No appointment required
 Rothschild House Surgery, Tring
 Mon 2-4pm
 (immunisation available – appointment only)

Little Rothschild House Surgery, Pitstone
 Thurs 2-4pm
 (immunisation available – appointment only)
 Tring Clinic, Station Road
 Wed 9.30-11.30am

Orchard Children's Centre

Mon 10-11.30am
 Bookable appointments are available on Mon 9-10am at Orchard Children's Centre if you would like to have a more detailed conversation with the Health Visitors. Please arrange a time with Orchard Children's Centre on 01442 426922.

Breast-feeding Support

Baby Cafe, Pitstone Memorial Hall
 Tues 10.15-11.45am
 South Hill Centre, Cemetery Hill, Hemel Hempstead HP1 1JB
 Thurs 1.30-3pm

Please contact your Health Visitor if you have any concerns at any time about you, your children or your family.
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