

# 10 WEEK MUSIC & SPORT SESSIONS CREATIVE ARTS & SPORTS PROGRAMME WEEK COMMENCING 26<sup>th</sup> APRIL 2021

To be involved/secure a place for a young person; please do the following:

- Choose one of our four courses below.
- Complete our online registration - [CLICK HERE](#)
- Await Practitioner to contact & retrieve relevant info. & consent.
- Receive confirmation email & text confirming placement of session.
- For more information - contact [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)

EligibilityCheck:

Aged 10 - 16 ✓

Lives In Newham ✓

OR Attends School In Newham ✓



Change  
Grow  
Live



Please share with Professionals & Parents To Get Access To These Great Opportunities.

CREATIVE  
ARTS &  
SPORTS  
ACTIVITIES

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@ CGL.ORG.UK



MIND, SET, GO  
(LONDON STADIUM LEARNING)

Join Our Mind, Set, Go Course & in Ten Weeks:

Take Part In Physical Activities Delivered By Our Staff & V.I.P Athletes; Fun & Creative Tasks such as making Fitness YouTube / Tik Tok Style Tutorials &.... The OPPORTUNITY to interview with GB Athletes Plus An Inspirational Talk.

**Location:** Online (Zoom)

**Date & Time:** W/C 26th April 2021 (5PM - 6:30PM)

**To Register:** Email us & our Youth Practitioner will contact you with next steps.

**C**REATIVE  
**A**RTS &  
**S**PORTS  
**A**CTIVITIES

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## MUSIC PRODUCTION TV & FILM (MHG MUSIC)

Join Our TV & FILM Music Production Course & in Ten Weeks:

Learn the skills to compose various soundtracks of music for games, television scenes & movies... Learn how to create drama & suspense using different techniques to WOW different cut scenes & your audience.

Have UNLIMITED access to an online MUSIC STUDIO!

**Location:** Online (Zoom)

**Date & Time:** 29th April 2021 (5PM - 6:30PM)

**To Register:** Email us & our Youth Practitioner will contact you with next steps.

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## MUSIC PRODUCTION: BEGINNERS (MHG MUSIC)

Join Our Beginners Music Production Course & in Ten Weeks:

Learn the basic skills to compose various genres of music...to make your very own INSTRUMENTAL! The final production will be showcased at the very last session with prizes.

Have UNLIMITED access to an online MUSIC STUDIO!

**Location:** Online (Zoom)

**Date & Time:** W/C 26th April 2021 (5PM - 6:30PM)

**To Register:** Email us & our Youth Practitioner will contact you with next steps.

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## CYCLING SKILLS (BIKEWORKS)

Join Our Cycling Skills Course & in Five Weeks:

Have our Trained Cycling Facilitators teach you how to ride safety skills in & around E20. Bikes & Equipment is provided each week.

Open To All. No Riding Experience Needed

**Location:** Online (Zoom)

**Date & Time:** 1st May 2021 (10AM - 2PM)

**To Register:** Email us & our Youth Practitioner will contact you with next steps.