



Unleash Your Creativity!

- **Hairdressing:** Style it up! Learn how to use equipment to wash, cut and style hair.
- **Beauty:** Get glowing! Discover how to apply a variety of beauty products for stunning results.
- **Arts & Crafts @ Craft My Day:** Find your artistic spark! Explore different creative mediums at a local art studio.

Get Your Hands Dirty!

- **Motor Mechanics:** Ever wonder how cars work? Get to grips with how various components in a car work with this hands on course.
- **Woodwork:** Learn to safely use tools and pick up core carpentry skills for your own construction projects.

Boost Your Body & Mind!

- **Health & Fitness:** Ready to get active? Discover how to stay fit, boost your speed, agility, stamina, and strength.
- **Survival Skills and Outdoor Education:** Connect with nature! Learn how to light a fire, cook outdoors, set up camp, and master other essential survival techniques.
- **Boxing @ Peak Performance:** Push your limits! Train like a pro, build discipline and discover how to train in a boxing gym.
- **Climbing @ White Spider:** Reach new heights! Learn climbing techniques on professional climbing walls and challenge yourself to get to new heights.

- ✓ 1:1 or small groups
- 🏠 KS3 & KS4
- 📅 Days & Times by arrangement
- 📍 Kingston, KT5 9NA
- 📍 Richmond, TW10 7AH
- 🏆 Work towards AQA Unit Awards or similar
- £ £95 per session

- Contact **James Cawthorn** to discuss creating a bespoke, accessible curriculum for your students.

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[Booking Form](#)