

Isle Listen Summer Sessions Schedule

Supported by



Session	Description	Year/Age Group	Date	Start Time	Finish Time	Location
Dungeons and Dragons: Session 1	D&D is an immersive role-playing game where you work together to complete interactive dynamic challenges as a group (session 1 of 5)	Aged 11 - 18	Tue 25 Jul	10:00	12:00	Isle Listen's Mill Court Centre (Castletown)
CrossFit Programme: Session 1	Session 1 of a 4-Part CrossFit Programme with Danny Kane from The Meadow CrossFit Gym.	Aged 13 - 16	Wed 26 Jul	13:30	15:30	The Meadow gym (Hill's Meadow Industrial Estate, Douglas)
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN	Aged 6 - 12	Fri 28 Jul	10:00	11:30	King William's College
Healthy Transitions to Secondary School (Castle Rushen)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 28 Jul	13:30	15:00	Isle Listen's Mill Court Centre (Castletown)
Dungeons and Dragons: Session 2	D&D is an immersive role-playing game where you work together to complete interactive dynamic challenges as a group (session 2 of 5)	Aged 11 - 18	Tue 1 Aug	10:00	12:00	Isle Listen's Mill Court Centre (Castletown)
CrossFit Programme: Session 2	Session 2 of a 4-Part CrossFit Programme with Danny Kane from The Meadow CrossFit Gym.	Aged 13 - 16	Wed 2 Aug	13:30	15:30	The Meadow gym (Hill's Meadow Industrial Estate, Douglas)
Get Creative Workshop: Masks	Encourages self-reflection and expression, allowing young people to reflect on how they view themselves versus how they feel others view them.	Aged 6 - 12	Thur 3 Aug	10:00	11:30	Isle Listen's Mill Court Centre (Castletown)
Healthy Transitions to Secondary School (St Ninian's)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 4 Aug	13:30	15:00	The Hub (Onchan)

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CrossFit Programme: Session 3	Session 3 of a 4-Part CrossFit Programme with Danny Kane from The Meadow CrossFit Gym.	Aged 13 - 16	Wed 9 Aug	13:30	15:30	The Meadow gym (Hill's Meadow Industrial Estate, Douglas)
Get Creative Workshop: Worry Dolls	Make your own Guatemalan worry dolls that can then be put under your pillow, and in the morning will have gifted you with the knowledge and wisdom to help with your worries.	Aged 6 - 12	Thur 10 Aug	10:00	11:30	Isle Listen's Mill Court Centre (Castletown)
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN	Aged 6 - 12	Fri 11 Aug	10:00	11:30	St Mary's Primary School (Douglas)
Healthy Transitions to Secondary School (Ballakermeen)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 11 Aug	13:30	15:00	The Hub (Onchan)
Dungeons and Dragons: Session 3	D&D is an immersive role-playing game where you work together to complete interactive dynamic challenges as a group (session 3 of 5)	Aged 11 - 18	Tue 15 Aug	10:00	12:00	Isle Listen's Mill Court Centre (Castletown)
CrossFit Programme: Session 4	Session 4 of a 4-Part CrossFit Programme with Danny Kane from The Meadow CrossFit Gym.	Aged 13 - 16	Wed 16 Aug	13:30	15:30	The Meadow gym (Hill's Meadow Industrial Estate, Douglas)
Get Creative Workshop: Positivity Jar	Make a positivity jar to boost self-esteem and trigger positive memories. By making a positivity jar, you can celebrate all the good stuff in life.	Aged 6 - 12	Thur 17 Aug	10:00	11:30	Jurby Community Hall
Healthy Transitions to Secondary School (Ramsey Grammar)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 18 Aug	13:30	15:00	Jurby Community Hall
Dungeons and Dragons: Session 4	D&D is an immersive role-playing game where you work together to complete interactive dynamic challenges as a group (session 4 of 5)	Aged 11 - 18	Tue 22 Aug	10:00	12:00	Isle Listen's Mill Court Centre (Castletown)
Get Creative Workshop: Sea Glass	Create beautiful art with sea glass to show your creative side, have fun, and relax.	Aged 6 - 12	Thur 24 Aug	10:00	11:30	Philip Christian Centre (Peel)
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN	Aged 6 - 12	Fri 25 Aug	10:00	11:30	QEII High School

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Healthy Transitions to Secondary School (QEII)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 25 Aug	13:30	15:00	Philip Christian Centre (Peel)
Dungeons and Dragons: Session 5	D&D is an immersive role-playing game where you work together to complete interactive dynamic challenges as a group (session 5 of 5)	Aged 11 - 18	Tue 29 Aug	10:00	12:00	Isle Listen's Mill Court Centre (Castletown)
Healthy Transitions to Secondary School (KWC)	A chance for children to meet their peers and build relationships ahead of the move to Secondary School.	New Year 7s	Fri 1 Sept	13:30	15:00	Isle Listen's Mill Court Centre (Castletown)