

Variety could be the spice of an active life for the area's youngsters

In the face of the rise of computer games, and with statistics showing children's rates of obesity are on the rise in the county, this more unusual activity is being offered to tempt even the least sporty.

As a result, Sportspace in Hemel Hempstead has introduced Wild Child Activities' 'Wild Wheels' skateboarding sessions for 8-13 year-olds.

Hertfordshire-based Wild Child Activities runs the popular skateboarding school along with other more unusual schemes for young people; including archery, animation and fashion design among others. It also runs adventurous birthday parties and outward bounds adventures in the school holidays such as Escape From Wild Wood.

Rebecca Dukes, sport development manager for Sportspace - Dacorum Sports Trust, said the skateboarding was part of an ongoing scheme funded overall by the county's 'Livewire' programme. Livewire is part of 'Sport Unlimited' – a Sport England-funded scheme to encourage more young people to get involved in sport and other physical activities.

She said: "These sessions enhance what we offer already, as they are different, unusual and exciting ways of encouraging young people to become more active.

"The skateboarding is taught so children learn the skills correctly and safely, and it can also be used at all Dacorum's community-based skate parks, as well as at the Extreme Connexions facility hoped to be built in Hemel Hempstead next year."

Lynda Regan, a working mum who established Wild Child Activities, and which also holds the FSB New Business Award, said: "There have never been activities like skateboarding available at the area's Sportspace centres before. We hope that these different ways of being active will encourage semi-sporty children, or those who are not inspired the more traditional sports, into a healthy and active lifestyle."

The sessions run at Sportspace Hemel on Mondays from 5:30-6:30pm. There is also a session at Sportspace Hemel Hempstead over October half term, from 2-3pm on Thursday.

For more information on Wild Child Activities: www.wildchildactivities.com
Or call: 0845 371 7099

For more information on Sportspace centres, go to: www.sportspace.co.uk