

Activity	Age	Time	Dates	Venue	Activity Leader	Cost
Monday						
Football P7 Transition	P7	3:45-4:30pm	25th May—8th June	Middleshot Football Pitch	Niall Henry, Sam Taylor & Alex Williamson	FREE
Netball P7 Transition	P7	3:45-4:30pm	25th May—8th June	Preston Lodge HS	Miss Swan & Miss Nisbet	FREE
PL Running Club (Track) P7 Transition	P7	3:45-4:30pm	25th May—8th June	Grass Running Track Preston Lodge HS	Mrs Malamos	FREE
Intro to Club Swimming*	P4-7	5:30-6:30pm	4th May—22nd June	Mercat Gait Swimming Pool	Tranent Swimming Club	FREE
Tuesday						
Basketball	P4-7	3:20-4:05pm	5th May—2nd June	Longniddry PS	Nicola Gatensby	FREE
Beginner Karate*	P2-7	5:00-6:00pm	12th May—2nd June	Chris Ewing Karate Dojo, Musselburgh	Chris Ewing Karate	FREE
Intro to Shinty*	P1-7	5:45-6:45pm	5th—26th May	2G Hockey Pitch Meadowmill	East Lothian Shinty Club	FREE
Wednesday						
Netball Preston Tower Panthers	P6-7	8:00-8:45am	TBC	Preston Tower PS (Preston Rd)	Miss Murray & Mrs Wright	FREE
Longniddry Running Club	P4-7	8:15-8:45am	6th May—10th June	Longniddry PS	Eilidh Paul & Heather Swan	FREE
Flag Football P7 Transition	P7	3:45-4:30pm	27th May—10th June	2G Hockey Pitch Preston Lodge HS	Mr Carlyle	FREE
Girls Fitness & Weight Lifting P7 Transition	P7	3:45-4:30pm	27th May—10th June	Fitness Suite Preston Lodge HS	Susan Stewart	FREE
Beginner Karate*	P2-7	6:00-7:00pm	13th May—3rd June	Chris Ewing Karate Dojo, Musselburgh	Chris Ewing Karate	FREE
<p>*Swimming (Intermediate) sessions are not swimming lessons. These sessions are an introduction to competitive club swimming — not suitable for non-swimmers or beginners.</p> <p>*Beginner Karate and Shinty are free introductions for beginners, open to new participants—you can only book a place if your child has not previously attended and is not already a member of the club.</p>						



Scan QR code for full activity details and online booking
 Disability Sports Club, Beginner Karate and Rock Climbing available to book now
 All other activities available to book from 6pm on Monday 27th April
www.eastlothian.gov.uk/ActiveSchoolsPrestonpans

More activities on Page 2

Activity	Age	Time	Dates	Venue	Activity Leader	Cost
Thursday						
Preston Tower Running Club	P4-7	8:15-8:45am	30th April—18th June	Preston Tower PS (Preston Rd)	Mr McAughey, Mrs Lewis & Kevin Gascoyne	FREE
St Gabriel's Running Club	P4-7	8:10-8:40am	30th April — 28th May	St Gabriel's PS	Miss Brown, Miss Fleming & Mrs Gourlay	FREE
Hockey P7 Transition	P7	3:45-4:30pm	28th May—11th June	2G Hockey Pitch Preston Lodge HS	Fern (PL Future Leader)	FREE
Girls Rugby P7 Transition	P7	3:45-4:30pm	28th May—11th June	Rugby Pitch Preston Lodge HS	Mr Jessop	FREE
Friday						
Rock Climbing Novice	P4-7 (Age 8+)	1:30-2:30pm	1st May—29th May	Forester Park Tranent	Sean Roger-Jones Outdoor Ed	£35
Rock Climbing Intermediate	P4-7 (Age 8+)	1:30-2:30pm	1st May—29th May	Forester Park Tranent	Sean Roger-Jones Outdoor Ed	£35
Rock Climbing Intermediate	P4-7 (Age 8+)	1:30-2:30pm	1st May—29th May	Forester Park Tranent	Sean Roger-Jones Outdoor Ed	£35
Basketball P7 Transition	P7	2:00-3:00pm	29th May—12th June	Games Hall Preston Lodge HS	Pennypit Trust	FREE
Disability Sport Club	P1-7	2:00-3:00pm	1st—29th May (off 8th May)	Meadowmill Sports Centre	Active Schools & Community Clubs	FREE
Beginner Karate*	P2-7	2:00-3:00pm	15th May—5th June	Chris Ewing Karate Dojo, Musselburgh	Chris Ewing Karate	FREE
Saturday						
Beginner Karate*	P2-7	9:30-10:30am	16th May—6th June	Chris Ewing Karate Dojo, Musselburgh	Chris Ewing Karate	FREE
*Beginner Karate is a free introductions for beginners, open to new participants—you can only book a place if your child has not previously attended and is not already a member of the club.						



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Volunteers

We need you!

Could you help us offer more opportunities for children to be active in your local area?

Get in touch!

 ssands@elcschool.org.uk



We're looking for parents, carers, and family members who may be able to support us in bringing more sport and physical activity to your child's school.

Volunteers are at the heart of Active Schools, and we rely on our volunteers to help us provide free opportunities for children to be active and take part in sport at their school and in the local community.

How can we support you as a volunteer with Active Schools?

- ✔ Provide and share training opportunities
- ✔ Be flexible and work around your schedule and availability
- ✔ Offer support and resources to help with planning and delivering activities

No previous coaching experience is required and there are lots of ways that we can support you as a volunteer.

To learn more about volunteering with Active Schools, please email ssands@elcschool.org.uk and say hello!