



**BOOTHAM  
CHALLENGE**

# Platinum Award

College I

Activities Brochure  
Autumn Term  
2025

# The Activities Programme

The following pages have your options for Activities this term.

You need to choose a minimum of **one hour** of activities in school. These can be in activity hour or at another time.

On nights that you don't have an activity you may either work in the College areas or go home at 4pm.

## **How to choose your activities.**

1. Look through the list and find the activities you would like to do.
2. Once choosing starts (**Tuesday from 1:10pm**) login to the Portal and select your choices. There is a video showing you how on the Portal.
3. Make sure you save your choices and check that you have at least 1 hour of activities.
4. Look out for the confirmation email saying what activities you have.

When activities start there will be a list in the English Corridor showing which room your activities will be in.

All Activities need to be chosen by:

**Thursday at 9:15**



BOOTHAM  
CHALLENGE

## What is the Bootham Challenge?

The Bootham Challenge is to live life to the full, gaining skills across a wide range of disciplines. This award scheme allows you to demonstrate to others that you have these skills and also to challenge yourself to experience new things.

You are enrolled on the **Platinum Award** and you have the whole of College to complete the challenge. The Bootham Challenge has seven categories.

|          |          |          |        |               |                       |            |
|----------|----------|----------|--------|---------------|-----------------------|------------|
| Physical | Creative | Cultural | Skills | Social Action | Global<br>Citizenship | Leadership |
|----------|----------|----------|--------|---------------|-----------------------|------------|

Everything you do will score credits in one or more of the categories. This includes Activities, other School events and out of school hobbies.

To achieve the Platinum Award you need to score 200 credits over the year across all of the categories.

Each Activity has its credits shown in the following menu and you can add other evidence via the Student Portal. Here, you can also check on your progress.

<https://booth.am/challenge>

## Monday before school

### Chamber Music

08:04-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain

10 spaces

| Creative Cultural Skills |   |   |
|--------------------------|---|---|
| 4                        | 3 | 3 |

### Swim Training

Early morning swim training 7.30-8.30am. Top end speed training - short and sharp sessions geared to improve our swimming strength aimed at 50m events

Kerry Hammond

20 spaces

| Physical | Skills |  |
|----------|--------|--|
| 15       | 5      |  |

## Monday morning break

### Barbershop Group

See music staff for more information and to sign up

Music Staff

8 spaces

| Creative Cultural Skills |   |   |
|--------------------------|---|---|
| 4                        | 3 | 3 |

### Senior Flutes

See music staff for more information and to sign up

Alison Barrington

3 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 2        | 3        | 2        | 3      |

## Monday lunch

### Music Theory

13:20-13:50. See music staff for more information and to sign up

Jack Mackenzie

10 spaces

| Creative Cultural Skills |   |   |
|--------------------------|---|---|
| 3                        | 3 | 3 |

### Senior Choir

13:20-13:50. All students are invited to join choir, regardless of experience. There is no audition process. Note, pupils will not be called for every Monday lunchtime as these will be sectional rehearsals

Richard Allain

40 spaces

| Creative Cultural Skills |   |   |
|--------------------------|---|---|
| 4                        | 3 | 3 |

## Monday Activity Hour

### 1st XI Football Team Training

Training for the 1st XI Football team. Upper Seniors who played for U16 last year may also join

George Trifan

20 spaces

| Physical | Skills |  |
|----------|--------|--|
| 15       | 5      |  |

### Azul Duel and Board Games with Sophie

Come and play one of the best boardgames EVER invented! Azul is a multi-award-winning game of tile placement - a bit like bingo but with ample opportunity to thrown your opponents under the bus. Come and duel at Azul and have a lovely time (other board games are available)

Sophie Morrison

24 spaces

| Creative Cultural Skills |   |    |
|--------------------------|---|----|
| 5                        | 5 | 10 |

### Chess

Chess fun with an experienced chess coach covering game analysis, puzzles, studies, opening theory, middle game planning and endgame technique. Work on your weaknesses and develop your strengths, as well as playing with friends old and new

Aaron Rich

24 spaces

| Creative Cultural Skills |   |    |
|--------------------------|---|----|
| 5                        | 5 | 10 |

## Code Club

This is a space for creators to make their own way in code and make whatever they want to make in an environment that is not a lesson. With the help of mentors, creators use our free, step-by-step project guides to learn Scratch, Python, HTML/CSS, and more. We will also be taking part in activities such as ASTRO PI where you will write code that will be ran on the international space station!

Tom Lund

20 spaces

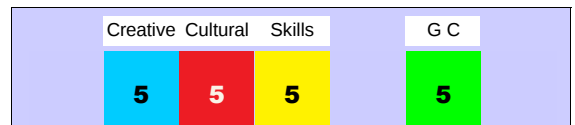


## Frame by Frame!

A place to watch, discuss and critically analyse arts, film and other media with the opportunity to use these skills to create your own work!

Macy Taylor and Dinithi Ramanyake

12 spaces



## Mindful Colouring

Colouring aimed at all year groups, perfect for an hour of relaxation!

Ariel Johnson

12 spaces



## PPE Preparation

Discussion of PPE related themes

Helen McPherson

8 spaces



## School Production - Seniors & College

Come be part of one of the biggest events of the school year! After last years success with FAME, Seniors and College students are back with another West End musical production - West Side Story! Students must be prepared to attend rehearsals that extend beyond 5.15pm and come to extra session in the holidays. Please ensure that you select production on Mondays AND Thursdays

Andrew Quarrell

80 spaces



## U14/U15/U16/U18 Girls' Football

Girls' football training (at York St John after half-term)

Kerry Hammond

24 spaces



## Water Polo

For this high stamina based activity you need to be able to swim 100 metres breaststroke, 100 metres frontcrawl, 100 metres backstroke and tread water for three minutes. Assessments of the above will be carried out on the first week. This a great sport that needs commitment

Michelle Gatenby

14 spaces



Monday 5:30pm to 6:45pm

## Basketball

5.30-6.45pm Seniors & College basketball training

Andrew Bell

24 spaces



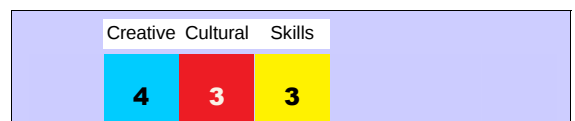
Tuesday before school

## Chamber Music

08:40-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain

10 spaces



## Swim Training

Early morning swim training 7.45-8.45am. Anaerobic training - Sessions aimed to improve our 100m race pace training, repetitions will be focused on front or back end speed aimed to improve our 100m race performance

Jacob Butterfield

20 spaces

| Physical | Skills |
|----------|--------|
| 15       | 5      |

## Tuesday morning break

### Aural - grades 1 - 3

See music staff for more information and to sign up

Richard Allain

10 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

### Oboe Trio

See music staff for more information and to sign up

Isabel Dowell

3 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Tuesday lunch

### Jazz Band

13:20-13:50. See music staff for more information and to sign up

Richard Allain

30 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Tuesday Activity Hour

### Astronomy GCSE

ISSP Astronomy class. The group is already set up so is not available for new students

Mike Shaw

20 spaces

| Creative | Skills |
|----------|--------|
| 3        | 7      |

### Beginners' Chess

Come and learn to play Chess or improve your standard. All ages welcome

Will Lewis

20 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 3        | 3        | 4      |

### Bootham Dance Company

An opportunity to learn choreography, hone technique and work towards performance

Jennifer Cooke

20 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 5        | 5        | 5        | 5      |

### Bootham Flying School (Wings)

Wings (beginner's). Please see the attached information for further details. Students must complete a Wings course before progressing to Level 1. £30 per session

Jim Polwarth

10 spaces

£30.00 per session

| Creative | Skills | G C |
|----------|--------|-----|
| 5        | 10     | 5   |

### Couch to 5K

Running for non-runners! We'll start slow and gradually build up to running 5K (maybe a bit more!) over the term. More experienced runners also welcome to join us

Lindsey Robertson

6 spaces

| Physical |
|----------|
| 20       |

### First Aid

An in-depth course with a practical assessment at the end

Alison Webster

15 spaces

| Skills | V & S | G C | L |
|--------|-------|-----|---|
| 10     | 5     | 5   | 5 |

## Fry Richardson Society of Mathematicians

Join Bootham's mathematical research and discussion society named after our famous old scholar. You will get the chance to see, debate and derive interesting mathematical (and related) topics and perhaps even have a few trips out to mathematical places

James Ratcliffe

15 spaces

| Creative | Cultural | Skills | L |
|----------|----------|--------|---|
| 5        | 5        | 10     | 5 |

## Greek Theatre Play

Putting on a performance of a Greek Play: Agamemnon's Return by Zinnie Harris. A contemporary adaptation with rehearsals during this activity hour slot and later. Please note, due to the performance being in the final week before October Half Term, rehearsals will often extend to 8pm and you do need to be available in that week. All extensions will be made clear on the rehearsal schedule and confirmed with you beforehand. All students who sign up will be offered a role and have the opportunity to perform this to an audience of friends, parents and staff. \*This is a pre-selected activity. Please only choose this activity if you are already signed up.\*

Saskia Bindloss

30 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 5        | 5        | 5        | 5      |

## Peacejam

Returning to Bootham after many years, Peacejam is a social action programme that inspires a new generation of leaders who will transform themselves, their local communities, and the world. This will replace Worldshapers.

Claire Hollis

10 spaces

| Cultural | Skills | V & S | G C | L |
|----------|--------|-------|-----|---|
| 5        | 5      | 5     | 5   | 5 |

Come along and define a project for this year and then work as a team to make it a reality! You will be supported by me but also by the national Peacejam team, who will be visiting us in school on 16th September. Supported by Peacejam Laureates, you will be able to connect with other schools and communities and make the world a better place! Peacejam will be visiting us on 16th September so you can find out more then. We would love you to join us!

## Pop Choir

Be prepared to sing your hearts out to your favourite pop songs! No singing ability needed, it's just for fun

Chantal Berry

20 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 10       | 5      |

## Relaxed EAL

Come and join us for EAL games, news and conversation. Develop your English skills in a supportive and fun environment. All international students are welcome!

Kelly McCarthy

12 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 5        | 5        | 5        | 5      |

## Table Tennis

Just a lot of fun playing table tennis, nice gentle way to keep active after a busy day

Vanina Meunier

12 spaces

| Physical | Skills |
|----------|--------|
| 15       | 5      |

## TMUA Support

This is a chance to work through some TMUA papers to help with preparation. It is aimed at students taking the examination in October but will also be useful if you are taking a MAT

Anne Whittle

8 spaces

| Skills |
|--------|
| 10     |

## Tuesday Evening

### Bootham Flying School (Level 1)

Level 1. Students must have completed a Wings course before progressing to Level 1. £30 per session. 5.15-6.15pm

Jim Polwarth

10 spaces

**£30.00 per session**

| Creative | Skills | G C |
|----------|--------|-----|
| 5        | 10     | 5   |

## Wednesday before school

### Chamber Music

08:04-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain

10 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

### Senior Brass

08:40-09:10. See music staff for more information and to sign up

Anna Marshall

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Wednesday morning break

### Close Harmony Group

See music staff for more information and to sign up

Richard Allain

10 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

### Recorder Ensemble

See music staff for more information and to sign up

Tim Bayley

10 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Wednesday lunch

### Clarinet Group

13:20-13:50. See music staff for more information and to sign up

Tim Bayley

10 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Wednesday Activity Hour

### Astronomy GCSE

ISSP Astronomy class. The group is already set up so is not available for new students

Mike Shaw

20 spaces

| Creative | Skills |
|----------|--------|
| 3        | 7      |

### BEAST

BEAST will be using our brand new Climate Action Plan this year and helping to make its vision a reality in school and beyond. Our whole community will be responsible for doing their bit to make Bootham the most sustainable school possible and you will be right at the centre; thinking creatively about how to use resources responsibly and inspire others about making positive change

Claire Hollis

10 spaces

| Creative | Skills | V & S | G C | L |
|----------|--------|-------|-----|---|
| 3        | 3      | 5     | 10  | 5 |

### Beginners' BSL

Beginner BSL for all ages, starting from the alphabet

Chantal Berry

10 spaces

| Cultural | Skills | V & S | G C | L |
|----------|--------|-------|-----|---|
| 4        | 4      | 4     | 4   | 4 |

### Film Making

I studied filmmaking in China and even completed a short film on my own. Now, I'd love to share this experience with you. Whether you're into writing, acting, filming, or editing, you're welcome to join! Together, we'll go from script to screen and create an original short film set right here at Bootham

Clover Zheng

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 10       | 5        | 5      |

Improvised Musical

Rehearsal for an improvised performance for charity later in the term. Musicians and actors both welcome. Please check with Gus and Oliver before signing up

Oliver Lawery

10 spaces

| Creative | Skills | V & S | L |
|----------|--------|-------|---|
| 5        | 5      | 10    | 5 |

Knit and Natter (Crochet welcome too!)

A time to relax, chat and work on handycraft projects in a supportive environment

Emma Glover

8 spaces

| Creative | Skills |
|----------|--------|
| 10       | 10     |

Medical and Dental School Programme

Bootham's Medical and Dental School Programme has got everything you need to get started: Gain understanding of what a medical/dental career is really about: learn what it's like to be a doctor/dentist and the different paths you can take. UCAT prep made easy: tips, tricks, and strategies to prepare for the UCAT exam. Master your interviews: practice for both traditional and MMI interviews so you can feel confident. UCAS support: from writing an impressive personal statement to choosing the right medical/dental schools for you. Find work experience: We'll help you to identify placements to boost your application. Talk medicine with others like you: Opportunities to debate medical ethics, the latest health issues, and meet future med students like yourself

Kathryn Buchard

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 5        | 10     |

Philosophy of The Good Place

What does it really mean to be good? Can people change? Should you pull the lever on the trolley problem? And would life still matter if it never ended? We'll dive into The Good Place — a hilarious TV show about the afterlife that's secretly packed with some of philosophy's deepest ideas. Each week, you'll watch a clip, debate a big question, and explore how thinkers from Aristotle to Kant (and beyond) wrestled with the same dilemmas. Welcome to class. Everything is fine

Beth Steer

15 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 5        | 10     |

Relaxed EAL

Come and join us for EAL games, news and conversation. Develop your English skills in a supportive and fun environment. All international students are welcome!

Jenny Adams

12 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 5        | 5        | 5        | 5      |

Stage to Screen Club

Join us weekly to watch and discuss film adaptations of classic plays—experience Shakespeare, Miller, and other productions come alive onscreen!

Jon Lee

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 7        | 7        | 6      |

Technical Theatre - Advanced

Continue working with the department providing technical support for events and learning more skills along the way. Students must have completed the lunchtime beginners' course in order to join this activity

Luke Gilliver

10 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 5        | 5        | 5        | 5      |

WHO Crew

Intense Jigsaw action paired intense Doctor Who watching. Are you up to the multi-task? All jigsawing abilities welcome – come along and hone your skill. We will be continuing our DW journey through the Eccleston season

Sophie Morrison

20 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 5        | 10     |

Thursday before school

Chamber Choir

08:00-09:10. See music staff for more information and to sign up

Jo Trevenna

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 10       | 5        | 5      |

## Gillygate Piano Duo

08:40-09:10. See music staff for more information and to sign up

Paul Feehan

2 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 3        | 3        | 3      |

## Thursday morning break

### Aural - grades 4 - 5

See music staff for more information and to sign up

Richard Allain

10 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 2        | 3        | 2        | 3      |

### String Orchestra

See music staff for more information and to sign up

Paul Feehan

20 spaces

| Physical | Creative | Cultural | Skills |
|----------|----------|----------|--------|
| 2        | 3        | 2        | 3      |

## Thursday lunch

### Uber Beats Percussion Group

13:20-13:50. See music staff for more information and to sign up

Tom Hudson

20 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 4        | 3        | 3      |

## Thursday Activity Hour

### Board Games

A chance to have a bit of fun and friendly competition playing board games!

Max Lyons

12 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 5        | 10     |

### Bootham Flying School (Wings)

Wings (beginner's). Please see the attached information for further details. Students must complete a Wings course before progressing to Level 1. £30 per session

Jim Polwarth

10 spaces

£30.00 per session

| Creative | Skills | G C |
|----------|--------|-----|
| 5        | 10     | 5   |

### Composition Club

An opportunity to write your own songs with each other

Chantal Berry

10 spaces

| Creative | Skills |
|----------|--------|
| 10       | 10     |

### Debate Club

Tired of arguing with your family at the dinner table? Join our Debate Club and take it to the next level! This club will offer you the opportunity to explore controversial, thought provoking, and interesting topics while gaining valuable experience in public speaking, forming and defending arguments, and research. At times, you will speak in support of the opposite side of your true opinion, which will help you listen to multiple points of view and improve your communication skills. As the year progresses, we will compete in tournaments, putting your skills to the test

Yuliia Sych

10 spaces

| Creative | Cultural | Skills | L |
|----------|----------|--------|---|
| 5        | 5        | 5      | 5 |

### Dungeons and Dragons (and Jewellery Makin

All ages and experience levels welcome. If you've never played and always wondered... come and try it for a term and see what you think. Calling all DM's – you know I can't run this club without you! Jewellery making too

Sophie Morrison

35 spaces

| Creative | Cultural | Skills |
|----------|----------|--------|
| 5        | 5        | 10     |

## Get to Know Latin America!

Get to know Latin America through films, music, and documentaries

Margarita Mather

20 spaces



## MUN - Model United Nations

Step into the role of global diplomats. MUN offers the opportunity to engage in debates and negotiations on a variety of current international issues

Joseph Butler

24 spaces



## School Production - Seniors & College

Come be part of one of the biggest events of the school year! After last years success with FAME, Seniors and College students are back with another West End musical production - West Side Story! Students must be prepared to attend rehearsals that extend beyond 5.15pm and come to extra session in the holidays. Please ensure that you select production on Mondays AND Thursdays

Andrew Quarrell

80 spaces



## Swim Training

This session is designed for students to improve their stroke technique in all the four strokes and also to work on skills such as diving and starts and turns

Michelle Gatenby

20 spaces



## Thursday Evening

### Bootham Flying School (Level 1)

Level 1. Students must have completed a Wings course before progressing to Level 1. £30 per session. 5.15-6.15pm

Jim Polwarth

10 spaces

£30.00 per session



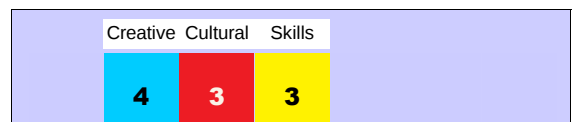
## Friday before school

### Chamber Music

08:40-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Paul Feehan

10 spaces

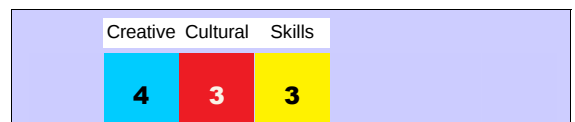


### Guitar Ensemble

08:40-09:10. See music staff for more information and to sign up

Jake Adams

6 spaces



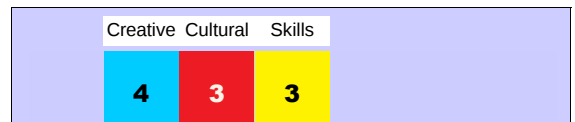
## Friday morning break

### Aural - grades 6 - 8

See music staff for more information and to sign up

Richard Allain

10 spaces



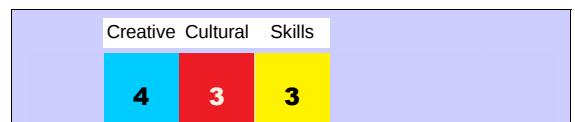
## Friday lunch

### Senior Choir

13:20-13:50. All students are invited to join choir, regardless of experience. There is no audition process. Note, pupils will not be called for every Monday lunchtime as these will be sectional rehearsals

Richard Allain

40 spaces



# Friday Activity Hour

## Beginners Fencing

Fencing is the best combination of mental and physical exercise possible. It teaches initiative, discipline, flexibility (both mental and physical), strategy and observation. It improves balance, timing and conditions the reflexes.

Donald Walker

30 spaces

**£85.00 per term**



## Bootham Flying School (Wings)

Wings (beginner's). Please see the attached information for further details. Students must complete a Wings course before progressing to Level 1 (BJS Year 6 only). £30 per session

Chris Herd

8 spaces

**£30.00 per session**



## Code Club

This is a space for creators to make their own way in code and make whatever they want to make in an environment that is not a lesson. With the help of mentors, creators use our free, step-by-step project guides to learn Scratch, Python, HTML/CSS, and more. We will also be taking part in activities such as ASTRO PI where you will write code that will be ran on the international space station!

Tom Lund

20 spaces



## Cryptography Club

Crack some codes. Each week a new challenge will be set. Can you crack the codes to get into the safe and get the sweet sweet rewards?

James Ratcliffe

24 spaces



## Die cutting crafts

Learn how to use manual and digital die cutters to create a range of crafts from greetings cards to vinyl decals for t-shirts and tote bags

Laura Herring

15 spaces

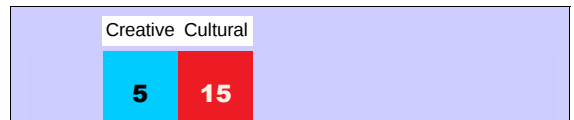


## Japanese Language and Culture

The Japanese Club is an exciting opportunity for students to develop an interest in both the language and the culture of Japan. Through engaging and creative activities, members will learn more about Japanese traditions and everyday life.

Tomoko Ota

15 spaces



Language learning: practical Japanese words, phrases for everyday use and Japanese script. Cultural arts: traditional Japanese calligraphy, origami, J-pop, manga drawing, anime appreciation. Workshops: a special Taiko drumming workshop with the Tengu Taiko Drumming School. Cultural visits: an excursion to a Japanese café in York to experience Japanese drink/sweets. The club is funded by The Japan Foundation, London

## Pocket Park

Help to boost biodiversity in your city! This includes gardening and eco-friendly techniques to help the environment. This will be done in the area opposite Sainsbury's

Felix Cardwell

8 spaces



## Science Fiction Book Club

Aimed at science-interested students, we will be reading classic "scientific" (non-fantasy) science fiction to discuss the science in the stories. We'll kick off with Andy Weir's "Project Hail Mary" before looking at work from previous decades.

Mike Shaw

20 spaces

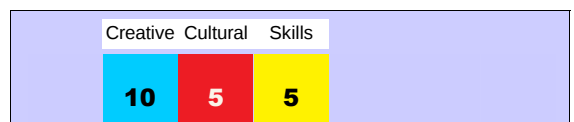


## Senior Orchestra

Senior Orchestra for students grade 3 and above

Richard Allain

80 spaces



## Strength & Conditioning Training

Strength and conditioning session for 1st team footballers and netballers

Jake Duckworth

20 spaces



## Swim Team Training

Top end speed training - short and sharp sessions geared to improve our swimming strength aimed at 50m events

Jacob Butterfield

28 spaces



## Table Tennis

Develop the fast response skills required of one of the world's most popular sports

Tom Bell

12 spaces



## Yoga

A guided session combining yoga, breath work and meditation to help develop strength, flexibility and focus. Through mindful movement this activity supports wellbeing, reduces stress and creates a space to reset and recharge - a great way to go into the weekend

Mandy Naylor

12 spaces



## Friday Evening

### Bootham Flying School (Level 1)

Level 1. Students must have completed a Wings course before progressing to Level 1. £30 per session. 5.15-6.15pm

Chris Herd

10 spaces

£30.00 per session



### Intermediate / Advanced Fencing

5.15-7.15pm (pack up tea provided). Fencing is the best combination of mental and physical exercise possible. It teaches initiative, discipline, flexibility (both mental and physical), strategy and observation. It improves balance, timing and conditions the reflexes. This activity is straight after normal activities. You need to select prep or an activity in the first slot.

Donald Walker

16 spaces

£85.00 per term



## Saturday before School

### Swimming

Saturday morning 7.00-8.30am. Anaerobic and aerobic training - Sessions that will differentiate into 100 and 200m race training aimed at different swimmers and their racing events

Jacob Butterfield

20 spaces

