



**BOOTHAM
CHALLENGE**

Gold Award

Lower Senior

Activities Brochure
Autumn Term
2025

The Activities Programme

The following pages have your options for Activities this term.

You need to do a minimum of **two hours** of activities that are **not preps**. These could be in activity hour or in one of the other slots. Break, lunch and before school activities count as half an hour unless stated.

On nights where you are not doing an activity you may leave at 4pm. Boarders may return to your houses at 4:15pm.

Music Practice

On a night when you have not selected an activity you may sign up for a half an hour music practice slot. For the other half hour you will need to go to prep.

How to choose your activities.

Look through the list and find the activities you would like to do.

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.

Make sure you save your choices and check that you have at least 2 hours of activities. (Preps do not count).

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 **Gold Award** and you have the whole of Seniors to complete the challenge. The Bootham Challenge has seven categories.

Physical	Creative	Cultural	Skills	Volunteering and Service	Global Citizenship	Leadership
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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 Gold Award you need to score 300 credits over the year across least six of the categories.

Each activity has its credits shown in the following menu and you can add other evidence via the Student Portal using the link below. You can also check your current credits.

<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

PE GCSE

12:50 - 13:20 Monday lunchtime, for Lower Senior students who are taking PE GCSE. Please only select this if you are doing PE GCSE

Kerry Hammond

5 spaces

Physical	Skills
3	7

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

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

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4 spaces

V & S
20

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

Creative	Skills	L
5	10	5

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

Creative	Cultural	Skills	G C
5	5	5	5

Just Dance

Just Dance - for fun! Come along and join in with an hour of Just Dance. No controllers, just fun. Can you manage a full hour? Maybe try a classic or something new! Everyone should join in, I certainly will!

Mathew Aston

24 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Mindful Colouring

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

Ariel Johnson

12 spaces

Creative	Skills
15	5

Rock Band

Two bands made up of singing, guitar, bass, keyboard and drum students learning to play and perform together. There will be a Junior band for a group of students in Lower, Middle and Upper Schoolrooms (grades 1-3) and a Senior band for a group in Seniors and College (grades 3-5+). We will focus on learning how to play as an ensemble, how to learn/teach songs as a group and performance practice, as well as of course preparing for concerts! Although the activity is called 'Rock Bands' this is just a starting point, and you will decide what genres of music you want to play.

Jake Adams

10 spaces

Creative	Cultural	Skills
5	5	10

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

Physical	Creative	Cultural	Skills
5	5	10	5

Seniors History Revision Session

Join our History Revision Session for a quick, focused recap of key topics and exam tips. Perfect prep to boost your confidence and ace your GCSEs! Run by two History college students

Anais Weightman and Annie McDermott

10 spaces

This activity does not earn Bootham Challenge Credits

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first

Jess White

8 spaces

Skills
10

U14/U15/U16/U18 Girls' Football

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

Kerry Hammond

24 spaces

Physical	Skills
15	5

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

Physical	Skills
15	5

Monday 5:30pm to 6:45pm

Basketball

5.30-6.45pm Seniors & College basketball training

Andrew Bell

24 spaces

Physical	Skills
15	5

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

Creative	Cultural	Skills
4	3	3

Indoor Cricket

Early morning cricket practice 7.45-8.45am

Keith Newell

16 spaces

Physical	Skills
15	5

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

U14/15 Basketball

24 spaces

Ben Coxon

Physical	Skills
15	5

Tuesday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

4 spaces

V & S
20

Astronomy GCSE

Lower Senior Astronomy GCSE group, please only select this if you are doing Astronomy GCSE

Will Gilbertson

14 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

Dungeons and Dragons

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!

Sophie Morrison

35 spaces

Creative

Cultural

Skills

5

5

10

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

5

5

10

L

5

GCSE Art Prep

A really important opportunity for GCSE Art students to access extra support from the Art department as they work on their portfolios. For students who may find it difficult to complete prep at home or who need extra time and materials to catch up with missed work. Especially useful for Upper Seniors

David Swales

16 spaces

This activity does not earn Bootham Challenge Credits

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

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first

Cathy Pearce

8 spaces

Skills

10

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

U14/U15 Netball

In the Sports Hall in poor weather

Victoria White

30 spaces

Physical	Skills
15	5

U15 Boys Football

Keith Newell

20 spaces

Physical	Skills
15	5

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

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

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4 spaces

V & S
20

Ancient Greek Club

Come and learn the basics of the Ancient Greek language! The chance to read a new alphabet, and learn about the language in which some of the most famous stories ever told were written

Sarah Bridge

20 spaces

Cultural	Skills	G C
5	10	5

Astronomy GCSE

Lower Senior Astronomy GCSE group, please only select this if you are doing Astronomy GCSE

Will Gilbertson

14 spaces

Creative	Skills
3	7

BEAST

Claire Hollis

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

10 spaces

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

Beginners' BSL

Chantal Berry

Beginner BSL for all ages, starting from the alphabet

10 spaces

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

Cookie Club

Emily O'Loan

Love cookies? At Cookie Club we will whip up a brand new cookie recipe every week - from gooey Double Chocolate to colourful Smarties and cinnamon-sweet Snickerdoodles. And, yes, you always get to eat what you make! Running for the first half-term only

6 spaces

Creative	Skills
10	10

Film Making

Clover Zheng

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

12 spaces

Creative	Cultural	Skills
10	5	5

Improvised Musical

Oliver Lawery

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

10 spaces

Creative	Skills	V & S	L
5	5	10	5

Knit and Natter (Crochet welcome too!)

Emma Glover

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

8 spaces

Creative	Skills
10	10

Philosophy of The Good Place

Beth Steer

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

15 spaces

Creative	Cultural	Skills
5	5	10

Relaxed EAL

Jenny Adams

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!

12 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Seniors Volleyball

Abbie Davison

20 spaces

Physical	Skills
15	5

Technical Theatre - Advanced

Luke Gilliver

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

10 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

WHO Crew

Sophie Morrison

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

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

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

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4 spaces

V & S
20

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

First Aid for Beginners

Come and learn the basics of first aid. An essential course that everyone should do at some point

Alison Webster

12 spaces

Skills	V & S	G C	L
10	5	5	5

GCSE Art Prep

Additional practical studio time and teacher support for GCSE Art students

Emily Harper-Gustafsson

20 spaces

This activity does not earn Bootham Challenge Credits

Get to Know Latin America!

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

Margarita Mather

20 spaces

Cultural	G C
10	10

Model Aeroplane Club

If you've ever wanted to build and fly your own model aeroplane, now's your chance to let this idea take flight! Models will be chargeable but tools and equipment will be provided. Approx £100 cost for the model.

Will Gilbertson

4 spaces

£100.00

Creative	Skills	G C
5	10	5

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

Skills	G C
5	15

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

Physical	Creative	Cultural	Skills
5	5	10	5

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first

Hannah Jorgensen

8 spaces

Skills
10

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

Physical	Skills
15	5

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

Creative	Skills	G C
5	10	5

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

Creative	Cultural	Skills
4	3	3

Guitar Ensemble

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

Jake Adams

6 spaces

Creative	Cultural	Skills
4	3	3

Friday morning break

Aural - grades 6 - 8

See music staff for more information and to sign up

Richard Allain

10 spaces

Creative	Cultural	Skills
4	3	3

Friday lunch

Senior Choir

Richard Allain

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

40 spaces

Creative	Cultural	Skills
4	3	3

Friday Activity Hour

Activity Assistants

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Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

4 spaces

V & S
20

Beginners Fencing

Donald Walker

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.

30 spaces

£85.00 per term

Physical	Creative	Skills
10	5	5

Bootham Flying School (Wings)

Chris Herd

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

8 spaces

£30.00 per session

Creative	Skills	G C
5	10	5

Code Club

Tom Lund

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!

20 spaces

Creative	Skills	L
5	10	5

Cryptography Club

James Ratcliffe

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?

24 spaces

Creative	Skills
5	15

Die cutting crafts

Laura Herring

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

15 spaces

Creative	Skills
10	10

Japanese Language and Culture

Tomoko Ota

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.

15 spaces

Creative	Cultural
5	15

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

Felix Cardwell

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

8 spaces

Physical	Creative	Skills	G C
3	3	4	10

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

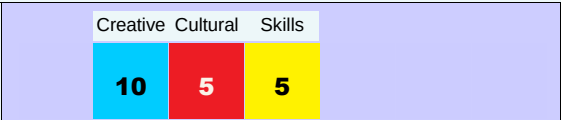


Senior Orchestra

Senior Orchestra for students grade 3 and above

Richard Allain

80 spaces



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



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

