

THE PRIORY ACADEMY

LSST



EXTRA CURRICULAR SPORTS ACTIVITIES

**GIVE IT  
A TRY**



The Priory Academy LSST offer a fantastic and unique range of enriching physical activities.

Full clubs list and information on how to access individual clubs enclosed. Queries email: [efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)



## FULL CLUBS LIST FOR MODULE 3

| CLUB  | DAY                        | TIME          | ADDITIONAL KIT REQUIREMENTS | FREE/BOOKING REQUIRED  |
|---|----------------------------|---------------|-----------------------------|--|
| PRIORY LEISURE GYM MEMBERSHIP                   | EVERY WEEKDAY              | 3:15PM-5PM    | See additional information  | PRE-BOOKING VIA PARENT PAY OR ANNUAL SUBSCRIPTION OR FREE TO YR9+ DUAL LINGUISTS |
| BADMINTON CLUB ALL YEARS                        | MONDAY/TUESDAYS*/THURSDAYS | 3:15PM-5:15PM | N/A                         | PRE-BOOK AND PAY FEE DIRECTLY – SEE CLUB INFORMATION                             |
| KICKBOXING CLUB YR7 – YR9                       | MONDAYS*                   | 3.15PM-4PM    | N/A                         | PRE-BOOK AND PAY FEE DIRECTLY – SEE CLUB INFORMATION                             |
| FLAG FOOTBALL CLUB ALL YEARS                    | TUESDAYS*                  | 3.15PM-4PM    | STUDED BOOTS REQUIRED       | FREE<br>SIGN IN USING THE QR CODE  |
| NETBALL CLUB ALL YEARS                          | TUESDAYS*                  | 3:15PM-4.15PM | N/A                         | FREE<br>SIGN IN USING THE QR CODE  |
| FOOTBALL CLUB GIRLS-ALL YEARS                   | WEDNESDAYS*                | 3-15PM-4.15PM | SHIN PADS AND STUDED BOOTS  | FREE<br>SIGN IN USING THE QR CODE  |
| FOOTBALL CLUB YEAR 7                            | WEDNESDAYS                 | 3.15PM-4.15PM | SHIN PADS AND STUDED BOOTS  | FREE<br>SIGN IN USING THE QR CODE  |
| MARTIAL ARTS CLUB ALL YEARS                     | WEDNESDAYS                 | 3.15PM-4.15PM | N/A                         | PRE-BOOK AND PAY FEE DIRECTLY – SEE CLUB INFORMATION                             |
| SCUBA ACADEMY ALL YEARS                         | WEDNESDAYS*                | 3.15PM-5.15PM | SWIM KIT AND AN OLD T-SHIRT | PRE-BOOK AND PAY FEE DIRECTLY – SEE CLUB INFORMATION                             |
| ATHLETIC TRACK CLUB ALL YEARS                   | WEDNESDAYS                 | 3-15PM-4.15PM | N/A                         | FREE<br>SIGN IN USING THE QR CODE  |
| BASKETBALL CLUB YR10-YR13                       | WEDNESDAYS*                | 3.15PM-4.15PM | N/A                         | FREE<br>SIGN IN USING THE QR CODE  |
| PE REVISION SESSIONS GCSE/A-LEVEL/CAMB-NAT/BTEC | THURSDAYS                  | 3.15PM-4.15PM | N/A                         | FREE<br>SIGN IN USING THE QR CODE  |
| TABLE TENNIS CLUB ALL YEARS                     | THURSDAYS                  | 3.15PM-4.15PM | N/A                         | FREE<br>SIGN IN USING THE QR CODE  |
| RUGBY CLUB                                      | THURSDAYS*                 | 3.15PM-4.15PM | STUDED BOOTS                | FREE<br>SIGN IN USING THE QR CODE  |
| CLIMBING & BOULDERING CLUB                      | WEDNESDAYS*/THURSDAYS      | 3.15PM-4.45PM | CLEAN TRAINERS              | PRE-BOOKING VIA PARENT PAY –SEE CLUB INFORMATION                                 |

*\*Selected dates only, check with the lead coach/contact for the club or the PE Team will announce changes through Satchel*





## **LSST PE Department Clubs**

The LSST PE Team offer a variety of clubs which change throughout the year. These are all **FREE** to attend and NO booking is required.

**Just turn up and register using the QR code upon arrival to register**

*(staff can support with this if required)*

All PE team led clubs start at 3:15 pm and finish at 4:15pm

### **Exclusive to LSST– External coach led Clubs**

We have a fantastic range of partnerships with experienced external coaches\* which enable us to offer unique opportunities with specialised instruction using our facilities.

These clubs are offered at a subsidised fee. Pre-booking and payment is essential.

Details on how to book are given on each club's page.

All communication with an external club must be through a parent/carers email and not a student Priory email account or the coach will not be able to respond

Please note that there are limited places for some clubs

Some external led clubs run until later times and some are only on selected dates

*\*All external coaches are highly experienced in their specialism, safeguard trained and DBS checked.*

### **Additional Information:**

- Students are expected to change into their **Priory LSST PE Kit for all clubs**, unless they have sports specific kit allowed by the individual club coaches. (Priory Leisure members, see terms and conditions Information)
- Most equipment is provided but students can bring their own at their own risk. We do not have storage during the day to leave personal items. Check the full club list to see if you require any specific items.
- Students are expected to use the main downstairs changing rooms with dancers and Priory Leisure members using the upstairs changing rooms.
- All students must register with the club leader every time they attend.

### **Exiting the site after**

#### **4.30pm**

Students can only exit the site via Cross O'Cliff Hill after this time.

Once the club has finished, students are expected to change back into their uniform before promptly leaving the academy site.

The Priory Academy LSST

St Katherine's House, Cross O'Cliff Hill, Lincoln, Lincolnshire, England LN5 8PW

Telephone: 01522 889977 | Email: [generalenquiries@priorylsst.co.uk](mailto:generalenquiries@priorylsst.co.uk)

Our friendly reception staff are available between 8am and 4pm Monday to Friday to answer your questions or emails.



# CLIMBING CLUB

**WEDNESDAYS\* 3:15PM-4:45PM**

## General Climbing sessions

Suitable for all abilities— lots of fun climbing with games and challenges to enhance your developing skills.

*Newcomers Welcome!*

**THURSDAYS\* 3:15PM-4:45PM**

## Advanced Climbing Sessions

Suitable for students already graded at NICAS 2+ or by agreement from our instructor

**Brand new Climbing & Bouldering Holds  
New Routes & challenges**

### CLIMBING/BOULDERING TERMS AND CONDITIONS

Booking is completed using a **Parent Pay** account.

**All sessions are open for the current module to book in advance.**

**Each session must be individually booked.**

**Cost is £6.50 per session.**

If your booking does not complete this means the limit of places available has been reached for that session.

**There are no refunds for non attendance** and sessions cannot be transferred to another student.

The Academy reserves the right to cancel unfilled sessions which 24 hour notice will try to be given along with an alternative date.

All completed Parent Pay bookings are taken as permission granted to attend the club and climb and acceptance of these terms and conditions.

### ***Frequently asked questions***

#### ***I am new to climbing, I'm nervous about what to do?***

At your first session you will go through a safety induction. There are routes on the walls suitable for all abilities and the Instructor will ease you in gently at your pace. There is no expectation to climb to the top! Try a newcomer session to ease you in.

#### ***I have my own climbing kit. Can I bring and use it at the club?***

The only equipment of your own you would be permitted to use is climbing shoes. Students will need to use our harnesses and equipment during the club session.

#### ***What can I wear and where do I change?***

You need your Priory PE kit and clean trainers. 6th form/Dual linguists students should wear suitable leisure clothes avoiding crop tops, string vests or any offensive slogans on garments. Training shoes must be worn. We do have a selection of climbing shoes if you have your own socks. Students should change in the main downstairs changing rooms.

**If you have any queries about this club please email Mrs E French.**



**Contact details:**  
[efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)



EXTRA CURRICULAR SPORT CLUB-led by external instructors-Fee to Pay

# KICKBOXING CLUB



Scott Brewer, a former WKU world kickboxing champion, and supported by Victoria Brewer, who is a WAKO National Champion Kickboxer, they offer high-energy fun kick boxing sessions.

Delivered by these two motivational instructors, the skills not only help students physically but are great for building self-confidence, self discipline, respect and leadership.

Students will build a repertoire of techniques and is suitable for beginners and those who have had a taste of this fantastic discipline before.



To find out more about kickboxing and what it involves go to:

[Scott Brewer kickboxing academy \(scottbrewerkickboxingacademy.com\)](http://scottbrewerkickboxingacademy.com)

|                  | DAY   | TIME                    | VENUE                   | FEE  |
|------------------|---|-------------------------|-------------------------|--|
| <b>All YEARS</b> | <b>MONDAYS*</b><br><i>*SELECTED MONDAYS<br/>PLEASE SEE DIRECT<br/>DETAIL FROM SCOTT</i> | <b>15.15-<br/>16.00</b> | <b>INDOOR<br/>TRACK</b> | <b>£5 per session</b><br><br><b>Book and pay for whole<br/>module.</b><br><br><b>Wear Academy PE kit or<br/>SBKA kit</b> |

## HOW TO BOOK/PAY

**THIS CLUB IS MANAGED BY THE EXTERNAL COACH-ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method

Email: [scottbrewerkickboxingacademy@gmail.com](mailto:scottbrewerkickboxingacademy@gmail.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

If you have any queries about this club please email Mrs E French.

Contact details:  
[efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)

# PRIORY LEISURE AT LSST

## STUDENT GYM MEMBERSHIP

### 2025/2026



OPEN MON-FRI

15:15-17:00

TERM TIME ONLY

## MEMBERSHIP INCLUDES:

Fitness Suite and Outdoor Track

Smiths Machine & Multi Trainer\*

Slam Balls, Battle Ropes

Resistance Machines\*

Free Weights & Bars\*

Bikes & Rowers

Sand Bags

Treadmills

Ski-Ergs

And

more

### NEW AT PRIORY LEISURE!

ALTERNATIVE GYM OPTIONS

YOGA/PILATES/MEDITATION/BODY WEIGHT  
EXERCISES IN NEWLY DESIGNED SPACE

Pay As You Go option-£4.50per week\*\* Mon-Fri *(Limited spaces each week)*

ALL PAYG STUDENTS MUST BE PRE-BOOKED

AND PRE PAID USING Parent PAY

Email: [efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)

*\*Restrictions apply on some equipment for YR7/8*

*\*\* Terms and Conditions apply-see information sheet*





**PRIORY LEISURE  
GYM MEMBERSHIP  
2025/2026**

**OPENS MONDAY 8th SEPTEMBER 2025**

**15:15-17:00 MON-FRI, TERM TIME ONLY**

**LAST SESSION FRIDAY 17th JULY 2026**

**ANNUAL MEMBERSHIP £100/PRE-BOOK PAY AS YOU GO (PAYG) £4.50 PER WEEK**

**TERMS AND CONDITIONS**

**FREE ATHLETIC TRACK OFFER TO ALL 6TH FORM:** Register every time attend using the displayed QR code, or with the PL staff in the fitness suite. Strictly Track activities only. No access to grass areas. Ball games are not permitted.



***What is Priory Leisure Membership?***

Either an Annual or PAYG membership allows you access to qualified staffed sessions after the Academy day to use the Outdoor Track, Fitness suite and Training room. All year group students can use the facilities\*.

***I am an YR9, YR10 or YR11 Dual Linguist. How do I use my free membership?***

You automatically have a free Priory Leisure Annual Membership. You just need to turn up. You will need to bring a completed health declaration for your first visit (SharePoint> extra curricular> Priory Leisure)

***What is the benefit of a Priory Leisure Annual Membership?***

The Annual Membership is no longer available to purchase..

If you do not already have a membership please book a weekly Pay As You Go space. through Parent Pay

There is no refund for part used memberships and they cannot be transferred to another student.

***How do I book as Pay As You Go (PAYG)?***

PAYG is booked using a Parent Pay account. All weeks each module are open to book in advance. PAYG costs **£4.50 per week**. You will book for the current whole week irrespective of how many days you actually attend. No rollover into following week. If your booking does not complete this means the limit of places available has been reached. There is no refund for part used memberships, part weeks due to bank holidays or school term times and they cannot be transferred to another student. Booking weeks in advance is also available.

***Do I need to fill out any forms? Where do I get them from?***

All members must complete/or update a health declaration and induction form. The Health Declarations are available from your student email, Satchel or SharePoint> extra curricular> Priory Leisure.

All under 18 years old must have their form signed by a parent or carer.

***What can I wear?***

You do not have to wear Priory PE kit. You can wear your own leisure clothes. Please avoid crop tops, string vests or any offensive slogans on garments. Training shoes must be worn. Changing is permitted in the fitness suite changing rooms.

***What safety procedures are in place?***

**New members must present themselves to the PL Team for a gym induction on their first session.**

\*There are restrictions on some of the equipment for YR7-YR8. These will be covered in the safety induction.

These safety inductions may need to be revisited for YR9+ students on the first session back.

Students will be encouraged to 'clean as you go' using the materials supplied to help prevent virus transmission. Any official measures will be covered in induction on the student's first visit and updates sent through student email.

For safeguarding, we operate a QR code system and everyone is required to manually sign in the register book upon arrival and sign out on departure.

***Can I use my mobile phone in the gym?***

Yes you can use your own mobile phone and your own headphones if you wish. However any filming or photography is strictly prohibited.

***Can someone help me get started?***

Our trained staff will be on hand to help guide you safely around the gym. There are lots of prepared suggestions, challenges or plans available. 1-2-1 Personal Training is not available.

**Contact details:** Mrs E French [efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk) — Priory Leisure Manager



EXTRA CURRICULAR SPORT CLUB-led by external instructors-Fee to Pay

# SENSHI MARTIAL ARTS CLUB



Tom Carruthers, previously an England international 7th Dan Blackbelt and Martial Arts Instructor, is offering a fantastic opportunity to learn and develop essential life skills, supported by Assistant Coach Joe Burton.

The power of learning a martial art is the self discipline and control, respect, and the positive values it teaches which enable students to become good decision makers, accurate judges of situations and ultimately teaches them how to stay safe.

These sessions are energetic and fun, promoting fitness and all round wellbeing.

Tom runs a progressive grading system so belts can be achieved and a clear pathway for further progression can be pursued if desired.

|           | DAY        | TIME         | VENUE        | FEE   |
|-----------|------------|--------------|--------------|---|
| ALL YEARS | WEDNESDAYS | 15.15-4:15pm | DANCE STUDIO | <p>£5 PER SESSION</p> <p>Book and pay for whole module</p> <p>Wear Academy PE kit or martial arts kit</p> |

## HOW TO BOOK/PAY

**THIS CLUB IS MANAGED BY THE EXTERNAL COACH-ALL CONTACT MUST BE FROM A PARENT/ CARER EMAIL ACCOUNT**

To book and access the payment method

Email: [carruthers3@virginmedia.com](mailto:carruthers3@virginmedia.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

If you have any queries about this club please email Mrs E French.

Contact details:  
[efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)





**EXTRA CURRICULAR SPORT CLUB-*led by external instructors-Fee to Pay***

# BADMINTON CLUB



External Badminton Instructor Paul Gibbard offers an exciting Badminton club.

This is a two hour session, which is structured into learning the skills and techniques to put into full game play.

The focus is to perfect skills to become a proficient player in a fun environment suitable for beginners to those who have played before.

These sessions provide an excellent foundation to support the physical element in GCSE PE.

The Academy also participates in school games competitions throughout the year. Great for overall fitness and wellbeing.

Develops social skills, competitiveness and confidence.



|           | DAY                                 | TIME            | VENUE          | FEE  |
|-----------|-------------------------------------|-----------------|----------------|--|
| ALL YEARS | MONDAYS,<br>TUESDAYS &<br>THURSDAYS | 15.15-<br>17.15 | SPORTS<br>HALL | £6 Per session<br>Book and pay for whole<br>module |

## HOW TO BOOK/PAY

**THIS CLUB IS MANAGED BY THE EXTERNAL COACH-ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method

Email: [paul.gibbard.60@gmail.com](mailto:paul.gibbard.60@gmail.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

If you have any queries about this club please email Mrs E French.

Contact details:  
[efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)



**EXTRA CURRICULAR SPORT CLUB-led by external instructors-Fee to Pay**



# SCUBA ACADEMY

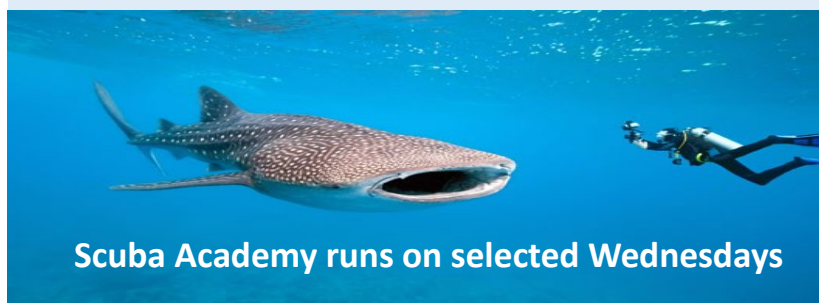


In a unique partnership with Stellar Divers we have the amazing opportunity to offer the first steps in to the world of scuba diving. From a first time supported experience to further opportunity to progress into a an area of PADI expertise, which is recognised all over the world. To start your journey in the comfort of our academy pool the basics can be taught with the Discover Scuba Dive Experience.



## PADI Discover Scuba Dive Experience

Have you always wondered what it is like to breathe underwater? If you want to try scuba diving, but are not quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. No prior experience with scuba diving is necessary and it's all done in the comfort in of the academy pool. DSD Certification costs £30. Further scuba club sessions cost £15 per session.



**Scuba Academy runs on selected Wednesdays**

## HOW TO BOOK/PAY

**THIS CLUB IS MANAGED BY THE EXTERNAL COACH-ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method

Contact: **Simon Hotchkin**

email: [simon@stellardivers.co.uk](mailto:simon@stellardivers.co.uk)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**



After completion of the Discover Scuba Dive Experience the next steps will be to enrol on the **PADI Scuba Diver**. This course uses multi venues as it progresses.

The PADI Scuba Diver course is a fantastic introductory route into scuba diving and having a PADI certification means that you will be recognised and respected as a scuba diver at more dive centres than any other dive certification.

PADI have made it possible for many millions of people around the planet to learn to scuba dive. The PADI Scuba Diver certification is the gateway to the amazing underwater world of wonder and awe, opportunity and careers.

Subsidised fee upon enquiry.



If you have any queries about this club please email Mrs E French.

Contact details:  
[efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk)



THE PRIORY ACADEMY



## OUR PRIVATE SPORTS FACILITIES ARE AVAILABLE FOR HIRE!

FOR LETTING INFORMATION CONTACT [EFRENCH@PRIORYACADEMIES.CO.UK](mailto:EFRENCH@PRIORYACADEMIES.CO.UK)

OR USE THE QR CODE BELOW TO LOG YOUR INTEREST

We currently host a variety of clubs in the evenings and Saturdays which you and your family can join and benefit from our facilities

Contact the club directly to find out more.

**WATERTIVITY**  
**SWIM SCHOOL**  
[watertivity@gmail.com](mailto:watertivity@gmail.com)

Priory Academy LSST Sports Lettings



EST 2005 **After Hours Climbing**



SCAN TO BOOK



[ahclimbing@gmail.com](mailto:ahclimbing@gmail.com)

**PG BADMINTON CLUB**  
[paul.gibbard.60@gmail.co](mailto:paul.gibbard.60@gmail.co)

*Dance Vision*



[dance.vision@outlook.com](mailto:dance.vision@outlook.com)

Lincoln & District Runners



[www.lincolndistrictrunners.co.uk](http://www.lincolndistrictrunners.co.uk)

**LINCOLN UNITED BASKETBALL CLUB**  
[www.unitedlt.co.uk](http://www.unitedlt.co.uk)


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**Gr**  
[www.grid-gym.com](http://www.grid-gym.com)

**LINCOLN LIGHTNING JUNIORS**  
**JUNIOR & SENIOR BASKETBALL CLUB**  
[www.lincolnlightningjuniors.co.uk](http://www.lincolnlightningjuniors.co.uk)



**MARTIAL ARTS ACADEMY**  
SENSHI  
07906 553283

**HURRICANE STRIDERS**  
[Hurricanestridders@gmail.com](mailto:Hurricanestridders@gmail.com)



**TRAINING AND NUTRITION**  
[DF Training & Nutrition <dcf30057@gmail.com>](mailto:DF Training & Nutrition <dcf30057@gmail.com>)

**CROSS O'CLIFF BADMINTON CLUB**  
[CROSSOCLIFFBC@AOL.COM](mailto:CROSSOCLIFFBC@AOL.COM)



**StellarDivers**  
LIVE YOUR LIFE, DIVE THE DREAM  
[www.stellardivers.co.uk](http://www.stellardivers.co.uk)



**LINCS RUN CLUB**  
[lincsrclub@gmail.com](mailto:lincsrclub@gmail.com)