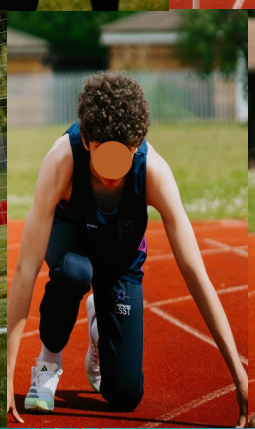
THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITIES

GIVE IT A TRY

ENRICHMENT PASSPORT



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

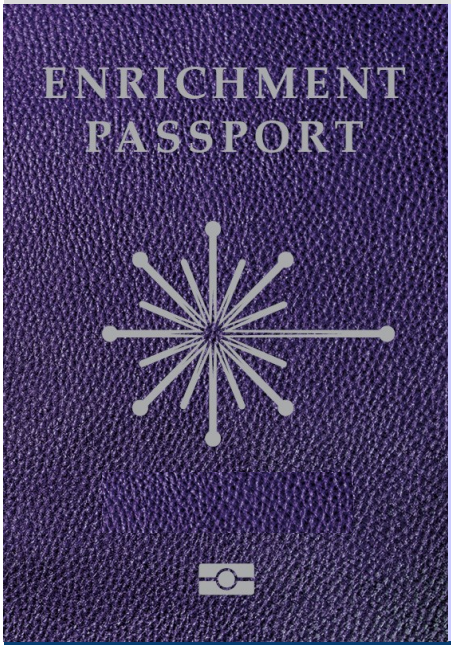
THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITIES

GIVE IT A TRY

Contents of this pack

- A glance list of all the Extra Curricular Sports clubs for the current module
- An information page about each of the external Instructor led clubs on offer and how to book places
- Academy Climbing Club information
- Priory Leisure Gym membership information
- General information about extra curricular time
- Funding availability information
- External clubs that use our facilities contact information



Attendance to any of our extra curricular clubs count towards the Enrichment passport

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
Our friendly reception staff are available between 8am and 4pm Monday to Friday

If you have any queries about any clubs please email Mrs E French.
Contact details:
efrench@prioryacademies.co.uk

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITIES

GIVE IT A TRY

FULL CLUBS LIST FOR MODULE 1

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/ THURSDAYS/FRIDAYS	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
CLIMBING CLUB *(Advanced)*	MONDAYS*	3.15PM-4.45PM	CLEAN TRAINERS	PRE-BOOKING VIA PARENT PAY –SEE CLUB INFORMATION
PE CLUB- Table Tennis Club ALL YEARS	TUESDAYS*	3:30PM– 4.15PM	CLEAN TRAINERS	FREE
PE CLUB- Basketball Club ALL YEARS	TUESDAYS*	3:30PM– 4.15PM	CLEAN TRAINERS	FREE
PE CLUB– Girls Football Club ALL YEARS	TUESDAYS*	3:30PM– 4.15PM	Studded boots and shin pads	FREE
CLIMBING CLUB General Climb– ALL YEARS	TUESDAYS*	3.15PM-4.45PM	CLEAN TRAINERS	PRE-BOOKING VIA PARENT PAY –SEE CLUB INFORMATION
PE CLUB– Football Club ALL YEARS	WEDNESDAYS*	3:30PM– 4.15PM	Studded boots and shin pads	FREE
CLIMBING CLUB General Climb– ALL YEARS	WEDNESDAYS*	3.15PM-4.45PM	CLEAN TRAINERS	PRE-BOOKING VIA PARENT PAY –SEE CLUB INFORMATION
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
PE CLUB– Netball Club ALL YEARS	WEDNESDAYS*	3:30PM– 4.15PM	N/A	FREE
PE CLUB– Rugby Club ALL YEARS	THURSDAYS*	3.30PM-4.15PM	Studded boots	FREE
BADMINTON CLUB ALL YEARS	MONDAY/ THURSDAYS/FRIDAYS	3:15PM-5:15PM	N/A	PRE-BOOK AND PAY FEE DIRECTLY –SEE CLUB INFORMATION
PE Support HUB	THURSDAYS	3.30PM-4.15PM	Drop in for support with any of the sports examination classes. Access theory, coursework and practical advice from a member of the PE Team	
BADMINTON CLUB ALL YEARS	MONDAY/ THURSDAYS/FRIDAYS	3:15PM-5:15PM	N/A	PRE-BOOK AND PAY FEE DIRECTLY –SEE CLUB INFORMATION

ENRICHMENT PASSPORT

From Module 2, funding is available for eligible students who receive one or more of either Pupil Premium, Free School Meals or Service Child Premium.

Please see the information in the brochure to find out more and how to apply.

Any participation at extra curricular clubs count towards your enrichment passport.

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

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITES

GIVE IT A TRY

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.

SCOTT BREWER KICKBOXING ACADEMY

SBKA

ENRICHMENT PASSPORT

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

Scott Brewer kickboxing academy (scottbrewerkickboxingacademy.com)

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

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

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

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITES

EXTRA CURRICULAR SPORT CLUB-*Fee to Pay*

CLIMBING CLUB

MONDAYS* 3:15PM-4:45PM

Advanced Climbing sessions

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

TUESDAYS*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!

WEDNESDAYS* 3:15PM-4:45PM

YR8+ Climbing sessions

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

Newcomers Welcome!

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 £7.00 per session.

If your booking does not complete this means the limit of places available has been reached for that session. Please check for other Academy events on the website before you book as

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.

ENRICHMENT PASSPORT

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

GIVE IT A TRY

Contact details:

efrench@prioryacademies.co.uk

PRIORY LEISURE AT LSST

STUDENT GYM MEMBERSHIP

2026/2027

STARTS MONDAY
7TH SEPTEMBER
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

ALTERNATIVE GYM OPTIONS AVAILABLE:

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

Pay As You Go option-£5 per week Mon-Fri**
(Limited spaces each week)

Annual Memberships - £100** *(Availability limited)*

ALL PAYG STUDENTS MUST BE

PRE-BOOKED AND PRE PAID

USING Parent PAY

Email: efrench@prioryacademies.co.uk

THE PRIORY ACADEMY LSST

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

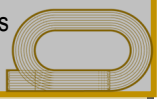
*** Terms and Conditions apply-see information sheet*

PRIORY LEISURE GYM MEMBERSHIP 2026/2027

OPENS MONDAY 7th SEPTEMBER 2026
15:15-17:00 MON-FRI,TERM TIME ONLY
LAST SESSION FRIDAY 16th JULY 2027

ANNUAL MEMBERSHIP £100/ PRE-BOOK PAY AS YOU GO (PAYG) £5 PER WEEK

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.



TERMS AND CONDITIONS

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. Your Parents and Carers have been emailed at the start of the academic year to inform them of membership details and to understand the responsibility to

What is the benefit of a Priory Leisure Annual Membership?

The Annual Membership allows access to Priory Leisure every available week throughout the current academic year without any further booking once purchased. Available through Parent Pay. **Monday 7th September 2026-Friday 16th July 2027. Term time only**. Annual Membership is a **one off fee of £100** (38 weeks of membership from £2.63 per week.) There are limited Annual memberships which are only available to buy until **14.12.26** or when the limit has been reached.

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 **£5 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 in the current module is available.

Do I need to fill out any forms?

On purchasing a Priory Leisure Membership, confirmation is taken your child is in suitable health to use the gym facilities, and you understand it is your responsibility to inform the duty staff of any medical updates to their profile.

All gym users must complete/or update an induction and a form is completed via QR code in the gym. This is done once when attending in YR7/8 and once again when attending in YR9 or above due to the changes in equipment use.

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 Priory Leisure 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 to comply with evacuation procedures.

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 — Priory Leisure Manager

THE PRIORY ACADEMY LSST

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITES

GIVE IT A TRY

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.

MARTIAL ARTS ACADEMY SENSHI 07906 553283

ENRICHMENT PASSPORT

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

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**

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

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITES

GIVE IT A TRY

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

BADMINTON CLUB

External Badminton Instructor Paul Gibbard offers an exciting Badminton club.

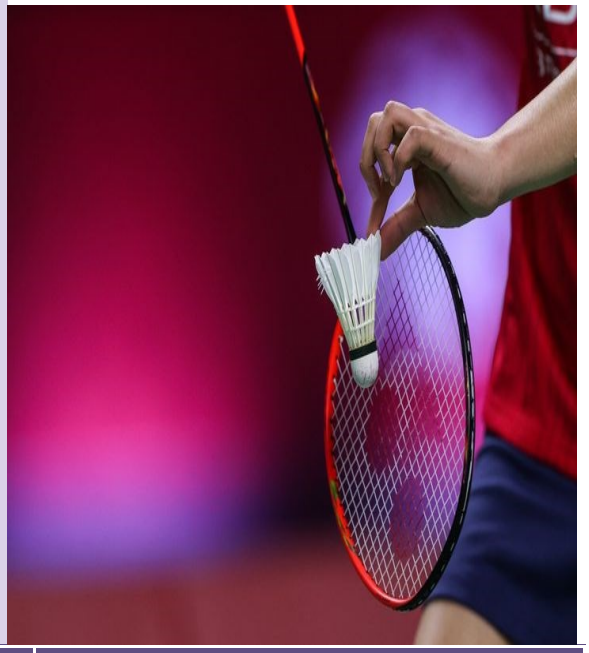
This is a two hour session, which is structured into learning the skills and techniques to put into full game play.

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, THURSDAYS & FRIDAYS	15.15-17.15	SPORTS HALL	£6 Per session Book and pay for whole 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**

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

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITES

GIVE IT A TRY

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

SCUBA ACADEMY

Approved Youth Training Centre PADI

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: Marco Whitton

email: Marco@stellardivers.co.uk

ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND

ENRICHMENT PASSPORT

StellarDivers

LIVE YOUR LIFE, DIVE THE DREAM

www.stellardivers.co.uk

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

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITIES

GIVE IT A TRY

Funded Places Information

Students with Pupil Premium only are eligible

The Academy offers some extra curricular activities free of charge and some specialised sports have a fee. We can offer subsidised sessions to a fee paying activity to eligible students. Depending on the spaces and type of activity, will determine when your funded spaces can start and how many sessions can be funded, which is subject to availability and uptake. Take a look at the opportunities in this information pack and ensure you read the Terms and Conditions before you apply. **Scuba diving is a one off session– see their information page*

What does a funded offer example look like?

Taylor enjoys working out with friends. The offer was 5 weeks of Priory Leisure Gym Membership (£11.25 instead of £22.50)

Casey's confidence really grew when they completed an offer of 5 sessions of climbing (£13 instead of £26)

Morgan completed a PADI Discover Scuba dive award. They are proud of their achievement. (£15 instead of £30)

Terms and Conditions

1. Funding towards activity places start from **Module 2**.
2. Funded places are only offered through the application process.
3. Places for each activity are offered on a first come first served basis.
4. The number of funded sessions offered may vary depending on uptake and funding allocation.
5. Eligible students may be offered their primary chosen activity in a later module or an alternative activity sooner.
6. Apart from Scuba Diving*, a succession of sessions is offered to maximise the enrichment offer and cannot be split into single session offers. **Eligible students must complete a PADI Discover Scuba Diver induction session to later access Scuba Club*
7. Non-attendance to a pre-booked activity cannot be refunded. If prior notice is given an alternative session date may be offered but is subject to availability and at the discretion of the Instructor/Extra-Curricular Manager.
8. All activities must be pre-booked and pre-paid to access funded places.
9. Pre-booking acts as confirmation and acceptance of funding offer made. Funded activity places cannot be transferred to another student.

ENRICHMENT PASSPORT

To apply for funding towards an activity please fill in the form using the QR code or email

efrench@prioryacademies.co.uk

Once your response has been processed an offer will be made via email with instruction on how to

THE PRIORY ACADEMY LSST

EXTRA CURRICULAR SPORTS ACTIVITIES

GIVE IT A TRY

LSST PE Department Clubs

The LSST PE Team offer a variety of clubs which change throughout the year. These are all are **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 3:30 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/carer 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.

ENRICHMENT PASSPORT

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

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

THE PRIORY ACADEMY LSST

OUR PRIVATE SPORTS FACILITIES ARE AVAILABLE FOR HIRE!

FOR LETTING INFORMATION CONTACT 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.