

All classes are FREE to children who are Care Experienced, Young Carers and/or registered for Free School Meals — For more information contact Mark Urwin Email: [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk)

Activity	Age	Time	Start Date	Venue	Activity Leader	Cost
<b>Monday</b>						
Netball (Girls)	All Years	3.30pm to 4.30pm	29th August	PLHS Games Hall	Miss Swan	FREE
Rugby (Boys)	S2	Mon 3.30pm to 5pm Thurs 5pm to 6pm	Mon. 5th Sept. Thurs. 8th Sept.	Mon PL HS PE Dept. Thurs Mary Murray	Fred Smith & Mr Kay	FREE
Football For ALL	S1, S2 & S3	3.30pm to 4.30pm	12th September	Middleshot Square	Senior Pupils	FREE
Football (Girls)	S1, S2 & S3	5.30pm to 6.30pm	Mon 29th August & Wed 31st August	Port Seton CS	Vanda Dow	FREE
Football (Girls)	S4, S5 & S6	6.30pm to 7.30pm	29th August	Port Seton CS	Vanda Dow	FREE
<b>Tuesday</b>						
Basketball	All Years	3.30pm to 4.30pm	20th September	PLHS Games Hall	Stewart Sands	FREE
Running Club	All Years	3.45pm to 4.45pm	30th August	Various around PLHS	Ms Malamos	FREE
Cricket	All Years	3.35pm to 4.30pm	6th September	Ross HS Games Hall, Tranent	Mr Chalmers	FREE
Rugby (Boys)	S1	Tue 6pm to 7.15pm Thurs 6pm to 7.15pm	Tue 4th Oct. Thurs. 6th Oct.	Tue Mary Murray Thurs PL HS PE Dept.	Greg Kinross & Chris Scott	FREE
Rugby (Boys)	S3	6pm to 7.15pm	Tue 23rd August & Thurs 25th August	Mary Murray	John Anderson	FREE
Rugby (Boys)	S5 & S6 U18s	7pm to 8.30pm	Tue 23rd August & Thurs 25th August	Pennypit	Craig Baillie & Dom Coetzer	FREE
<b>Wednesday</b>						
Hockey (Girls)	S1, S2 & S3	3.30pm to 5pm	24th August	PLHS PE Dept.	Various	FREE
Tennis	S1 & S2	3.45pm to 5pm	Wed 5th Oct.	PLHS Games Hall	Mr Brand	FREE

Please note:

- Spaces for all classes are limited and will be allocated on a first come first served basis
- Access to Leisure (ATL) members will receive 20% discount on all Active East Lothian paid activities
- If you are unable to access our online booking service, or you have any other queries, please contact your Active Schools Coordinator in confidence—Mark Urwin Email [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk)

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Activity	Age	Time	Dates	Venue	Activity Leader	Cost
<b>Thursday</b>						
Tennis	S1 & S2	1.15pm to 1.45pm	25th August	PLHS Games Hall	Mr Thomas	FREE
Badminton	All Years	3.45pm to 4.45pm	25th August	PLHS Games Hall	Alex Burnett	FREE
Archery	All Years	3.30pm to 4.30pm	22nd September	PLHS Gym 2	Mark Urwin	FREE
<b>Friday</b>						
Golf	All Years	Various	Various Sign Up For Info	Various	Mr Sellwood	FREE
<b>Preston Lodge High School Football Teams (Boys)</b>						
<p>Trials will be held to help the coaches select a playing squad of 16 players to represent PL HS in school matches.            Players must register via our online booking before attending a trial.            Players must attend at least one of the team trials to be considered for selection.</p>						
U13s Born on or after 01/01/2010		3.30pm to 5.30pm	Thurs 1st Sept. Mon 5th Sept.	Middleshot Square 3G ASTRO	Mr McLaren	TBC
U14s Born on or after 01/01/2009		3.30pm to 5.30pm	Mon 29th Aug. Thurs 8th Sept.	Middleshot Square 3G ASTRO	Sam Taylor	TBC
U15s Born on or after 01/01/2008		3.30pm to 5.30pm	Wed 31st Aug. Tue 6th Sept.	Middleshot Square 3G ASTRO	Alex Williamson	TBC
<p>Senior Boys are asked to register via Booking Live to demonstrate their interest in representing PLHS            Match squads will be selected from those who register their interest.</p>						
U16s Born on or after 01/01/2007		Various	— Various Deadline For Registration 3.30pm on Mon 5th Sept.	Middleshot Square 3G ASTRO & Away	Alex Williamson	TBC
U18s Born on or after 01/01/2004		Various	— Various Deadline For Registration 3.30pm on Mon 5th Sept.	Middleshot Square 3G ASTRO & Away	Sam Taylor	TBC

Online Booking: [www.eastlothian.gov.uk/active-schools-preston-lodge](http://www.eastlothian.gov.uk/active-schools-preston-lodge)

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Activity	Age	Time	Dates	Venue	Activity Leader	Cost
<b>Total Adventures</b>						
Surfing	All Years	4.30pm to 6.30pm	19/09, 26/09, 03/10	Belhaven Surf Centre	Belhaven Surf School	£60
Wakeboarding	All Years	5pm to 7pm	Thurs 8th, 15th, 22nd & 29th September	Foxlake Adventures	Foxlake Adventures	£60
<b>Future Clubs &amp; Activities</b>						
Please register your interest for the following clubs by going to our <b>Online Booking at <a href="http://www.eastlothian.gov.uk/active-schools-preston-lodge">www.eastlothian.gov.uk/active-schools-preston-lodge</a></b>						
Indoor Curling	All Years	Lunchtimes	To Be Confirmed (TBC)	TBC	TBC	FREE
Fitness (Girls)	All Years	Please Register your interest in playing so we can meet to discuss options.				
Dance	All Years	Please Register your interest in playing so we can meet to discuss options.				
Hockey (Boys)	All Years	3.30pm to 5pm	Wednesdays	PL HS PE Dept	To Be Confirmed (TBC)	FREE
Hockey (Girls)	S4, S5 & S6	Please Register your interest in playing so we can meet to discuss options.				
Orienteering	All Years	Please Register your interest in playing so we can meet to discuss options.				
Rugby (Boys)	S4 U16s	Please Register your interest in playing so we can meet to discuss options.				
Rugby (Girls)	All Years	6.30pm to 8.30pm	Mon & Wed Start Date TBC	Pennypit	To Be Confirmed (TBC)	FREE
Table Tennis	All Years	Lunchtimes	To Be Confirmed (TBC)	TBC	TBC	FREE
Volleyball	S5 & S6	12.30pm to 1.30pm	Fridays	PLHS Games Hal	Senior Pupils	FREE

### Mark Urwin | Active Schools Coordinator

Preston Lodge High School | Park View | Prestonpans | EH32 9QJ  
E: [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk) | T: 07976 428 586

### Find us on Social Media:

 @ActiveSchoolsPrestonLodge  
 @PLSport



Active Schools activities are FREE to ALL  
Active East Lothian activities have a **FEE** but are  
**FREE** to Pupils registered for Free School Meals,  
Care Experienced or Young Carers.  
If you would like to discuss further in confidence, please contact  
Mark Urwin: Email: [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk)

Scan the QR code to go straight to our online booking pages at  
[www.eastlothian.gov.uk/active-schools-preston-lodge](http://www.eastlothian.gov.uk/active-schools-preston-lodge)



## Inclusion

We aim to make all of our activities inclusive to everyone and understand that everyone has differing needs and requirements.  
We will try to make reasonable adjustments where possible and will always be open to engaging with pupils and parents/carers to ensure this happens.  
The sign up form will ask you to provide as much detail as you wish.  
If you would like to discuss further in confidence, please contact  
Mark Urwin: Email: [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk)



## All Years

The Active Schools Future Leaders Programme aims to teach leadership skills to Young People across East Lothian and build the foundations of a leadership pathway through school and beyond. For more information, please contact  
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### Find us on Social Media:

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