

All Active Schools classes are FREE to children who are registered for Free School Meals

Please contact Mark Urwin for more information. Email: [murwin@elcschool.org.uk](mailto:murwin@elcschool.org.uk) or Mobile: 07969 428 586

Activity	Age	Time	Dates	Venue	Activity Leader	Cost
<b>Monday</b>						
Rugby Un 13s Boys	S1	Mon 3.35pm to 5pm Wed 4.30pm to 6pm	Each School <b>Mon &amp; Wed</b> from 30th August	Changing Rm Gym 1 Main Rugby Pitch	Mr Chalmers, Mr Strachan & Mr Whitson	FREE
Rugby Un 14s Boys	S2	5.30pm to 6.45pm	Each School <b>Mon &amp; Wed</b> from 30th August	Arrive Changed to play RHS Playing Fields Main Rugby Pitch	Mr Black	FREE
Hockey Boys	S1 to S6	3.35pm to 5.00pm	Each School Monday from 30th August	Changing Rm Gym 1 School ASTRO Pitch	Mrs Hill	FREE
Hockey Un 13s Girls	S1	3.35pm to 5.00pm	Each School Monday from 30th August	Changing Rm 1 School ASTRO Pitch	Miss Carrigan	FREE
Fitness Girls	S1 to S6	3.35pm to 4.45pm	Each School Monday from 6th September	Changing Rm 2 Gym 2	Miss Daniel	FREE
Badminton	S1 to S6	3.35pm to 4.45pm	Each School Monday from 6th September	Changing Rm 3 & 4 Games Hall	Miss North	FREE
<b>Tuesday</b>						
Rugby Un 15s & Un 16s Boys	S3 & S4	3.35pm to 5.00pm	Each School <b>Tue &amp; Thurs</b> from 31 August	Changing Rm Gym 1 Main Rugby Pitch	Mr Hird & Mr Scanlon	FREE
Rugby Un 18s Boys	S5 & S6	4.30pm to 5.30pm or 5.30pm to 7.00pm	Each School <b>Tue &amp; Thurs</b> from 31 August	Arrive Changed to Play RHS Playing Fields Main Rugby Pitch	Mr McNeill, Mr Russell & Mr Weatherhead	FREE
Football Girls	S1 to S6	4.00pm to 4.45pm	Each School Tue from 31 August	RHS Changing Rm 4 Forrester Park 3G	Miss North & Miss Notley	FREE
Cricket	S3– S6	3.35pm to 4.45pm	Each School Tue from 7th September	Changing Rm 2 & 3 Games Hall	Mr Chalmers	FREE
Running Club	S1 to S6	4.00pm to 4.45pm	Each School Tue from 7th September	Changing Rm 1 & 3 Meet in PE Classroom Local Outdoor Routes	Mr Savage	FREE
<b>More Activities on Page 2 Additional Information</b>						
<ul style="list-style-type: none"> <li>If any pupil may benefit from support please let us know when signing them up. We will call to discuss how best to continue to do so if appropriate.</li> <li>All activities will follow the latest COVID-19 guidance.</li> <li>No activities will take place during school holidays</li> </ul>						

Activity	Age	Time	Dates	Venue	Activity Leader	Cost
<b>Wednesday</b>						
Badminton	S2 & S3	1.20pm to 1.45pm	Each School Wednesday From 15th Sept	Games Hall No Need to Change	Mark Urwin	FREE
Hockey Un 14s Girls	S2	3.35pm to 5.00pm	Each School Wednesday from 1st September	Changing Rm 1 School ASTRO Pitch	Mrs Gordon	FREE
Hockey Un 18s Girls	S4, S5 & S6	3.35pm to 5.00pm	Each School Wednesday from 1st September	Changing Rm 2 School ASTRO Pitch	Mrs Hill	FREE
Basketball —All	S1 to S6	3.35pm to 4.45pm	Each School Wednesday from 1st September	Changing Rm 3 & 4 Games Hall	Mr Crichton	FREE
<b>Thursday</b>						
Indoor Football FUTSAL	S1	1.30pm to 1.45pm	Each School Wednesday From 8th Sept	Games Hall No Need to Change	Mr Edoni & Mr Melrose	FREE
Netball Girls	S1—S6	3.35pm to 4.45pm	Each School Thursday from 2nd September	Changing Rm 2 Gym 2	Miss Arbuthnot	FREE
Cricket	S1—S2	3.35pm to 4.45pm	Each School Thursday from 2nd September	Changing Rm 2 & 3 Gym 2	Mr Black	FREE
Hockey Un 15s Girls	S3	4.15pm to 5.00pm	Each School Thursday from 2nd September	Changing Rm 1 School ASTRO Pitch	Mrs Little	FREE
<b>Football—Boys</b>						
All Boys Football Teams	Various	Players will be selected by the coaches and their parents contacted directly by email. All emails should be sent, and squads posted on notice boards by 24th September				
Football Academy	S1, S2 & S3	Players will be invited to join by the coaches and their parents contacted directly by email..				
<b>The following Activities have yet to start, but parents should register their child's interest via our booking live website.</b>						
Golf	All	Dates & Times have yet to be agreed. Sign up to be contacted directly with details when available				TBA
Swimming	All	Dates & Times have yet to be agreed. Sign up to be contacted directly with details when available				TBA
Volleyball	All	Dates & Times have yet to be agreed. Sign up to be contacted directly with details when available				TBA

**Online Booking is OPEN [www.eastlothian.gov.uk/active-schools-ross-high](http://www.eastlothian.gov.uk/active-schools-ross-high)**

**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 paid activities
- If you are unable to access our online booking service (after date above), or you have any other queries, please contact

**Mark Urwin | Senior Active Schools Coordinator**

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**Find us Online:**

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