


## Active Schools - Summer Programme

**Book Now: 0131 561 6519**

Activity	Week 1 Dalkeith High School Campus	Week 2 The Lasswade Centre	Time:	Year Group	Cost	<b>Book for the full week £15.00</b>
Water Polo Active Schools	Monday 18 <sup>th</sup> July	Monday 25 <sup>th</sup> July	9am – 10am	P1-P3	£3.50	
			10am-11am	P1-P3		
			11am – 12 noon	P4-P7		
Athletics Active Schools	Tuesday 19 <sup>th</sup> July	Tuesday 26 <sup>th</sup> July	9am – 10am	P1-P3	£3.50	
			10am-11am	P1-P3		
			11am – 12 noon	P4-P7		
Hockey Eskvale Hockey Club	Wednesday 20 <sup>th</sup> July	Wednesday 27 <sup>th</sup> July	9am – 10am	P1-P3	£3.50	
			10am-11am	P1-P3		
			11am – 12 noon	P4-P7		
Judo Saltire Judo	Thursday 21 <sup>st</sup> July	Thursday 28 <sup>th</sup> July	9am – 10am	P1-P3	£3.50	
			10am-11am	P1-P3		
			11am – 12 noon	P4-P7		
Karate Bun Bu Ryo Do- Bonnyrigg karate club	Friday 22 <sup>nd</sup> July	Friday 29 <sup>th</sup> July	9am – 10am	P1-P3	£3.50	
			10am-11am	P1-P3		
			11am – 12 noon	P4-P7		

<b>To Book a Place:</b>	<b>Payment</b>
Phone 0131 561 6519 (Lines will be busy so keep trying!)	Please bring payment to the first session (correct change if possible)
If you have to leave a message, we need the following information: <ul style="list-style-type: none"> <li>• Your child's name and school</li> <li>• The activity (ies) you would like your child to attend and for P1-3 the preferred time slot</li> <li>• A contact number</li> </ul>	Please arrive 15minutes early for your child's 1 <sup>st</sup> session so that registration can be completed.

**Saltire Judo**  [info@saltirejudo.co.uk](mailto:info@saltirejudo.co.uk)


**Venue:** Newbottle High School, 64 Easthouses Road, Dalkeith, Scotland, EH22 4EW

**Training Days:** Wednesdays 6pm – 6:45pm  
Wednesday 6:45pm – 7:30pm

**Age Group:** 5-9 years  
10 - 14 years

**Club Overview**

Why not come along and try the Olympic sport of Judo. It's fun, keeps you fit, gives you confidence and great for making new friends, 1st Session free (Community Club Sessions)

**Bun Bu Ryo Do- Bonnyrigg karate club**  [alanborthwick25@hotmail.com](mailto:alanborthwick25@hotmail.com)


**Venue:** The Lasswade Centre, Bonnyrigg

**Training Days:** Friday P1-P3: 2pm-3pm & P4-P7: 3pm – 4pm  
Saturdays 1pm-2.30pm

**Age Group:** 5 years +

**Club Overview**

Our club studies Koryu Uchinadi. A style of karate that was practised on the Japanese island of Okinawa. At our classes you will learn 2 person drills, basic techniques, combination, kata and sparring. Our classes are more focused on developing self defence skills rather than sport orientated martial arts. Classes are always fun, friendly and a great atmosphere for learning.

**Eskvale Hockey Club**  [i\\_want\\_to\\_play\\_hockey@eskvalehockeyclub.org](mailto:i_want_to_play_hockey@eskvalehockeyclub.org)

**Venue:** Tuesdays Dalkeith HS 6.30-8.30pm (Seniors)  
Monday Penicuik YMCA 5pm-6pm (Juniors)  
Tuesdays Dalkeith Campus 5pm – 6pm (Juniors)  
Thursdays Lasswade Centre 5pm – 6pm (Jnr)

**Training Days:** 5 – 13 years  
Seniors 12+

**Club Overview**

Eskvale is Middlesexian's only hockey club. Whether you're interested in starting to play, coaching, umpiring or returning to hockey, please contact us or come along to training. We are a friendly club, you will be made very welcome.

The Active Schools summer programme will run at either Dalkeith Campus or The Lasswade Centre, details overleaf. Active Schools thanks the clubs that have volunteered their time to support the summer programme. If you would like to find out more about the clubs that will be delivering please contact them on the info below.

Advanced bookings required. (Call on: 0131 271 4533) Only redeemable whilst Active Schools club is taking place

Enjoy one free gym or swim session per Active Schools activity booking (Not applicable for Dalkeith Campus Bookings) Book the full week receive 5 free activity sessions.

Free Gym\* or Swim for Parents & Carer: The Lasswade Centre Only

Parents & Carers  
Special Offer