



Kernay Academy Sport Clubs

Activity	Time	Open to
Mondays		
Strength & Conditioning	1:10pm – 1:40pm	S2-6 Boys
Badminton	1:10pm – 1:40pm	S1-S6
Football	3.30pm – 4.30pm	S1-S2 Boys
Girls Fitness	3:30pm – 4:30pm	S4-S6 Girls
Image Hip Hop	6.30pm – 8.00pm (every second week)	S1-S6
Tuesdays		
Table Tennis	1:10pm – 1:40pm	S1-S6
Football	1:10pm – 1:40pm	S4-S6 Boys
Girls Fitness	1:10pm – 1:40pm	S1-S3 Girls
Netball	3:30pm – 5pm	S3-S6
Wednesdays		
Volleyball	1:10pm – 1:40pm	S1-S6
Basketball	3:30pm – 4:30pm	S1-S6
Hockey	3:30pm – 4:30pm	S1-S6
Girls Football	3:30pm – 4:30pm	S1-S6 Girls
Thursdays		
Senior Free Time	1:10pm – 1:40pm	S4-S6
Cross Country	1:10pm – 1:40pm	S1-S3
Netball	3:30pm – 5pm	S1-S2
Rugby	3:30pm – 4:30pm	S1-S6
Fridays		
Senior Free Time	1:10pm – 1:40pm	S4-S6
Football	1:10pm – 1:40pm	S3 Boys

Please see Lynsey in the PE base for a consent form before attending any of the above clubs

