

# Midlothian Commonwealth Passport

## Sport/Activity Options

- All [Active Schools Clubs](#) qualify and should be counted under the relevant sport. Remember **ONLY** activities before school, lunchtime, after school, evenings or weekends can be counted. Activities done during school time **CANNOT** be counted.
- The [Community Sport Hub](#) booklets also give you a good overview of the clubs in your area. We accept any Midlothian venue such as community halls or YMCA's that may not be listed below.
- [Lothian Disability Sport](#) have a range of clubs suitable for young people with additional needs and all of these will be accepted in the Midlothian section due to the limited availability of local options.
- We appreciate that there will be opportunities and venues missing from here if you are in any doubt please get in touch with [Active Schools](#) and we can confirm if it will be accepted.
- We advise you to make contact with clubs prior to turning up, we cannot take responsibility for the clubs so it is up to you to ensure they are a fit and proper organisation.

Sport/Activity	Further Information/Club Details/Web Links
Archery	Sessions at <a href="#">Penicuik Archers</a>
Athletics	Sessions at <a href="#">Lasswade AC</a> , <a href="#">Run Jump and Throw Clubs</a> or a go at <a href="#">Vogrie Park Run</a>
Badminton	Recreational session at a <a href="#">Leisure Centre/Hall</a> or <a href="#">Dalkeith Campus</a>
Basketball	Sessions at <a href="#">Midlothian Basketball Academy</a> or <a href="#">Mayfield Leisure Centre</a>
Bowls	Find your <a href="#">Local Bowling Club</a>
Boxing	Sessions at <a href="#">Midlothian Boxing Academy</a> or <a href="#">Penicuik Boxing Club</a>
Cycling	Can be completed whenever suits you and the ride must be at least 15mins for P1-3 and 30mins for P4-7 each time to count and we encourage you to use designated <a href="#">cycle paths</a> . 'Cycling to School' must only be counted in the 'Walk/Scoot/Cycle to School' section.
Dance	Classes at any of <a href="#">Upbeat Dance</a> , <a href="#">Fancy Footwork</a> , <a href="#">Kic Dance</a>
Diving	Recreational session at <a href="#">Newbattle Pool</a>
Football	Any <a href="#">Scottish Football Association Centre</a> or with any of the following clubs <a href="#">Penicuik Athletic YFC</a> , <a href="#">Bonnyrigg Rose FC</a> , <a href="#">Arniston YFC</a> , <a href="#">Dalkeith Thistle CFC</a> , <a href="#">Easthouses FC</a> , <a href="#">Newtongrange Star YDA</a> , <a href="#">Loanhead Miners YFC</a> , <a href="#">Lasswade Thistle FC</a> , <a href="#">St Bernards Midlothian</a>

Golf	Can be a round of golf, session at driving range or use of the practice area at any of the following clubs <a href="#">Glencorse</a> , <a href="#">Broomieknowe</a> , <a href="#">Whitehill House</a> , <a href="#">Kings Acre</a> , <a href="#">Newbattle</a> , <a href="#">Vogie Country Park</a> or <a href="#">Melville</a>														
Gymnastics	Classes at any of <a href="#">Lasswade GC</a> , <a href="#">Midlothian GC</a> or <a href="#">East Lothian GA</a> (Danderhall)														
Hockey	Only club in the area is <a href="#">Eskvale Hockey Club</a>														
Judo	Classes at any of the following <a href="#">Just Judo</a> , <a href="#">Danderhall Judo Club</a> or <a href="#">Saltire Judo</a>														
Karate	Classes at any of the following <a href="#">Meadowbank KC</a> or <a href="#">Bun Bu Ryo Do KC</a>														
Netball	Sessions at <a href="#">Mayfield Leisure Centre</a>														
Rugby	Sessions at any of the following <a href="#">Dalkeith RC</a> , <a href="#">Penicuik RC</a> or <a href="#">Lasswade RC</a>														
Skateboarding	Recreational session at a <a href="#">Midlothian Council Skatepark</a> or at <a href="#">Ryze and Roll</a>														
Snowsports	Any ski or snowboarding session at <a href="#">Midlothian Snowsports Centre</a>														
Squash	Recreational session at <a href="#">The Lasswade Centre</a>														
Swimming	Walk up session at a <a href="#">Midlothian Council Pool</a> or <a href="#">Dalkeith Campus</a> , club sessions at <a href="#">Midlothian Swim Club</a> , lessons with <a href="#">Midlothian Council</a> , <a href="#">Swimwell</a> , <a href="#">Stepping Stones</a> , <a href="#">Dolphins Swim Lessons</a>														
Table Tennis	Sessions at <a href="#">Penicuik TTC</a> or recreational session at a <a href="#">Leisure Centre/Hall</a>														
Taekwondo	Classes at <a href="#">Elite Taekwondo Scotland</a>														
Tennis	Recreational session at <a href="#">Kings Park Pavillion</a> or with <a href="#">Dalkeith TC</a> or <a href="#">Penicuik TC</a>														
Trampolining	Sessions at <a href="#">City of Edinburgh Trampoline Club</a> (Lasswade) or a visit to <a href="#">Ryze</a>														
Triathlon	The swim should be at a <a href="#">Midlothian Council Pool</a> or <a href="#">Dalkeith Campus</a> with the run and cycle taking place at a safe and suitable location. The three disciplines can be spread out over a single day in any order but must be a minimum of	<table border="1"> <thead> <tr> <th>Discipline</th> <th>P1-3</th> <th>P4-7</th> </tr> </thead> <tbody> <tr> <td>Swim</td> <td>10m</td> <td>25m</td> </tr> <tr> <td>Cycle</td> <td>1,000m</td> <td>3,000m</td> </tr> <tr> <td>Run</td> <td>400m</td> <td>1,000m</td> </tr> </tbody> </table>		Discipline	P1-3	P4-7	Swim	10m	25m	Cycle	1,000m	3,000m	Run	400m	1,000m
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Walk/Scoot/ Cycle to School	Simply use any of the three means to get to school, we appreciate that for some pupils they have to be transported part of the way by car and walk/scoot/cycle the remainder. Please follow approved safe routes to school where possible.														
Wild Card	A sport/activity can be only one of the following three options not a mixture														
	1	Not listed and in Midlothian	e.g. cheerleading in Penicuik												
	2	Outside Midlothian and listed	e.g. football club in Musselburgh												
	3	Outside Midlothian and is not listed	e.g. canoeing in Edinburgh												