

SCHOOL EXPERIENCES

at Lee Valley sport and leisure venues



Operated by

BETTER

On behalf of

Lee Valley
Regional Park Authority

CALLING ALL SCHOOLS

Bring your lessons to life at Lee Valley with our exciting range of school activities and experiences. From Olympic standard cycling and white water adventures to ice skating, horse riding, tennis, athletics and much more. Lee Valley offers inspiring, accessible days out for students of all ages and abilities.

What's on offer:

- Fun, engaging and active educational sessions
- Experiences that encourage teamwork, confidence and skill development
- Qualified coaches ensure safe, structured experiences with expert tuition

INCREDIBLE VENUES

01 Lee Valley White Water Centre

Station Road, Waltham Cross,
Hertfordshire EN9 1AB

02 Lee Valley Athletics Centre

61 Meridian Way, London N9 0AR

03 Lee Valley Ice Centre

Lea Bridge Road, London E10 7QL

04 Lee Valley Riding Centre

Lea Bridge Road, London E10 7QL

05 Lee Valley Hockey and Tennis Centre

Leadmill Lane, Eton Manor,
Queen Elizabeth Olympic Park,
London E20 3AD

06 Lee Valley VeloPark

Abercrombie Road,
Queen Elizabeth Olympic Park,
London E20 3AB






LEE VALLEY WHITE WATER CENTRE

Adventure starts here

Suit up for an action packed adventure guided by Paddle UK qualified coaches. Our world class white water courses and chlorinated crystal clear lake offer students a fun, safe and thrilling outdoor experience.

What's on offer:

-  White water courses for all abilities with rafting and Hydrospeeding, eight years plus on the Legacy Loop and 12 years plus on the iconic Olympic Course
-  Lake based activities including Explore Kayaking, Explore Paddleboarding and Water Wipeout for eight years plus
-  Team building activities available including Raft Building or outdoor learning in the surrounding parkland

Kit and equipment is included for all participants.



LEE VALLEY VELOPARK

Cycle the same tracks used in the London 2012 Games

Experience four cycling disciplines at one iconic Olympic venue. From BMX and mountain biking to track and road cycling, students of all ages can enjoy engaging and inclusive sessions.

What's on offer:

- 🚲 Pedal Up - balance and confidence for early cyclists
- 🚲 BMX - navigate the twists and turns of the BMX circuit for 7 - 18 years old
- 🚲 Mountain biking - off road adventure and bike handling for 10 - 18 years old
- 🚲 Track cycling - thrill of the Olympic velodrome for 11 - 18 years old
- 🚲 Road cycling - endurance and group riding practice for 10 - 18 years old
- 🚲 Venue tours - one hour guided walking tour exploring the legacy of the London 2012 Games (maximum 16 students)

Kit and equipment is included for all participants. These activities are only available for groups and bookable weekdays. Each session can have a maximum of 16 students.





LEE VALLEY ICE CENTRE

Stay cool, confident and learn to skate

Our ice rink offers a fun, engaging and confidence building experience for students of all abilities, with support from experienced coaches.

What's on offer:

 Rink hire - book your own private patch of ice just for your school! Perfect for getting students moving, engaged and having fun, or celebrating with disco sessions

 Coached lessons - our ice skating lessons are designed to boost balance and coordination; led by experienced coaches qualified by British Ice Skating (level 2+), we welcome small group sizes (15 per coach) and each session follows a structured weekly syllabus



LEE VALLEY ATHLETICS CENTRE

Get your students on track

The perfect venue for school sports days, athletics sessions and team competitions. Facilities and coaching can be tailored for groups of all sizes.

What's on offer:

- 🏃 Sports day hire - indoor or outdoor, staff support optional for equipment setup
- 🏃 School venue hire - small groups (up to 30) can use shared facilities or large groups can book an exclusive area; with expert coaching available on request
- 🏃 Meeting room and fitness studio hire - for warmups or theory sessions
- 🏃 Indoor Schools Cup - sign up for this event where secondary school teams of six to eight compete in a friendly athletics competition





LEE VALLEY RIDING CENTRE


Saddle up for adventure

Experience the thrill of ponies and horses in a safe, fun and engaging environment. Our expert instructors will guide students with hands on lessons that build confidence, skills and a love of riding.

What's on offer:

 Riding lessons - learn the basics of riding or equestrian care in a safe supervised environment from ages 5 - 15 (maximum six students per session) with weekday slots 11:00 - 16:00 (please note, for riding there's a weight limit of 12 stone / 76kg)

 Pony Stars - an eight week BHS course packed with fun challenges. Where children will earn stickers, badges and rosettes while learning pony care, handling and riding basics

 Accessible sessions - sessions available for all individual needs, ensuring every student can join in

Please note, sessions are limited to 30 minutes. Kit and equipment is included for all participants.



LEE VALLEY HOCKEY AND TENNIS CENTRE

Where future champions play

Inspire students with lessons and matches on international standard pitches and courts. Perfect for PE sessions, school teams and extracurricular enrichment.

What's on offer:

- 🎾 Tennis lessons, competitions and accessible sessions - join our LTA qualified coaches for fun, engaging tennis lessons and competitions from KS1 upwards. Everyone can get involved and all equipment is provided, including wheelchair tennis with expert coaching from Choice International
- 🏒 Hockey pitch hire, training and matches - give your students the thrill of playing on the same pitches where the world's best compete. Perfect for coaching sessions, team training, or school matches, with The Clubhouse available for presentations, awards and socials



DESIGN YOUR DAY

Looking to create an unforgettable day out for your students?

Did you know you can combine the thrill of Lee Valley White Water Centre's Water Wipeout with a skating session at Lee Valley Ice Centre? Or pair a cycling experience at Lee Valley VeloPark with court time at Lee Valley Hockey and Tennis Centre.

Whatever the combination, take advantage of the opportunity to visit multiple world class venues in one day. Our team is on hand to help you plan and book a seamless, action packed experience tailored to your school group.



MULTI SITE OFFERS

The examples below are how you can mix and match activities at Lee Valley venues for a full day of excitement. Please contact us at lvschools@gll.org to discuss your bespoke options.

Example 1

Lee Valley White Water Centre

Water Wipeout (and other activities on page three available)

Number of students: 30

Cost: £315 including equipment

Time for activity:

10:15 - Group one check in

10:30 - 11:30 - Group one (15) Water Wipeout

11:15 - Group two check in

11:30 - 12:30 - Group two (15) Water Wipeout

Total duration: two hours 30 minutes (one hour 15 minutes per group)

Lunch: one hour in River Lee Country Park

Travel between venues: 40 minutes by coach *

Lee Valley Ice Centre

Ice skating

Number of students: 30

Cost: £240 (including equipment)

Time for activity: one hour

Example 2

Lee Valley VeloPark

BMX (Pedal Up, Mountain Bike or Road circuit as well as other sessions are available)

Number of students: 30

Cost: £270 including equipment

Time for activity: two sets of one hour sessions

Lunch: one hour in Queen Elizabeth Olympic Park

Travel between venues: 10 minute walk or five minutes by coach *

Lee Valley Hockey and Tennis Centre

Tennis session

Number of students: 30

Cost: £41.60 for four outdoor courts

Time for activity: one hour

Additional notes: tennis coaches can be added for an additional cost

Example 3

Lee Valley Athletics Centre

Athletics - teacher led

Number of students: 30

Cost: £156 including equipment (£5.20 per student)

Time for activity: one hour session

Additional notes: athletics coaches can be provided at additional cost

Lunch: one hour in Lee Valley Athletics Centre

Travel between venues: 25 minutes by coach *

Lee Valley Riding Centre

Riding lesson

Number of students: 8

Cost: £208

Time for activity: 30 minutes

Additional notes: non riding offer available

* no travel provided.

WHERE LEARNING GOES WILD

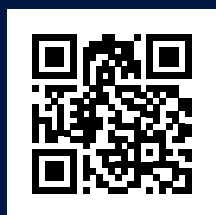
Outdoor learning in Essex, Herts and London

Dive into outdoor learning subjects ranging from rivers, invertebrates and plants, to the stone age and sustainability in action within our internationally important habitats

Find out more and enquire at visitleevalley.org.uk/outdoorlearning



GET IN TOUCH



Let's make education unforgettable

Contact us to tailor sessions for your school and inspire your students or find out more at ivschoools@gll.org



Lee Valley Regional Park offers a range of engaging, curriculum based outdoor learning sessions where young people can try different activities, develop new skills, be inspired and have fun!

Find out more at visitleevalley.org.uk/learning