

External Enrichment Opportunities in and around Northampton.

In addition to engaging with our own enrichment programme we also encourage our students to embrace the external opportunities available to them. Here is a guide to just some of the many opportunities available to our students, why not take a look and explore some of them? Many of these activities will welcome students and offer free taster sessions too.

General Sports:

Club / Activity	Sport(s)	When	Cost	Details & Links
Northampton Street Sports	Street football, basketball, dodgeball, etc.	Term-time Mon–Fri afternoons/evenings	Free	Free multi-sport sessions at MUGAs in Thorplands, Bellinge, Kingsthorpe & more (trilogyactive.co.uk)
Springs Family Centre	Basketball, football, cycling, teqball	Basketball & Teqball: Tues 5–6:30pm; Basketball: Thurs 3:30–6pm; Football: Thurs 6–8pm; Cycling: Sat 10:30–11:30am	Free	Mixed sports at 9 Tower St, NN1 2SN; contact 07922 160851
Northampton Athletic & Rugby Club	Athletics & rugby	Athletics: Sat 9:30–10:15am; Junior training Tue–Thu evenings	Pay-as-you-go £5/session	Athletics track sessions & junior training—email via site
NAYC – King’s Park Sports	Tennis, badminton, futsal, netball, volleyball, basketball, climbing, trampolining	Varies by activity	Contact centre	Sports hub at King’s Park with coaching/social sessions
Junior Netball (David Ross Trust)	Netball	Term-time sessions, venues include Malcolm Arnold Academy & NSB	Contact provider	Training across multiple sites; part of wider netball provision

General:

Club / Activity	Focus	Age Range	When	Cost	Website	Details
Espresso Yourself (Lowdown Youth Club)	LGBTQ+ support, social, creative arts	11–18	Mon & Fri evenings	Free	The Lowdown Free and confidential support for 11-25 year olds	Youth café with games, music, arts, social events, and peer support
Free2Talk Youth Groups	Arts, cooking, music, drama	8–18	Various evenings	Free	Youth Groups – Free2Talk CIC Youth & Community Organisation Northamptonshire	Multiple venues, varied creative and social activities
Y Not Arts	Dance, drama, music	9–25	Saturday mornings	Contact for info	Y Not Arts - NMPAT	Creative sessions including drama, dance, and music at Malcolm Arnold Academy
Northampton Scouts	Outdoor skills, community	10–14 (Scouts)	Weekly evening meetings	Subscription based	northamptonscouts.org.uk	Activities include camping, community projects, skills development
Girlguiding Northamptonshire	Community, skills, camps	10–14 (Guides)	Weekly meetings	Subscription based	Home - Girlguiding Northamptonshire	Guides and Rangers programs with camping, crafts, and leadership
Northampton Youth Inspired (CYPN)	Social development, leadership	14+	After-school & holidays	Contact for info	CYPN - CYPN	Youth clubs offering informal education and community engagement
Northamptonshire Library Youth Zone	Reading, workshops, events	11–16	School term evenings	Free	Home - Northants Libraries	Regular youth-focused workshops, book clubs, creative sessions
Northampton Museum & Art Gallery Workshops	Art, history, crafts	11–16	Holiday workshops	Often free or low cost	northamptonmuseums.com	Holiday workshops in arts, crafts, and local history
The Core Theatre Youth Programme	Drama, performance	11–16	Term-time evenings	Contact for info	Youth Theatre - NMPAT	Youth theatre productions, acting classes, performance opportunities
Northampton Creative Youth Network	Arts, music, digital media	11–16	Project-based, term-time	Free or subsidised	About Creative Futures Creative Youth Network	Collaborative projects in arts, music, digital creativity

Football:

Club	When	Website	Details
Northampton ON Chenecks FC	Training & matches weekly	onchenecks.com	Teams competing across U11–U16 in NDYAL & MK&D Development Leagues (onchenecks.com , ntfccommunity.co.uk)
Northampton Town FC Community Trust	Wed 6–8 pm; Saturday games	northampton-townfc.co.uk	Runs grassroots junior teams with coaching & matches
FFA Escola (Northampton)	Matches per age group	littlemessis.com	Academy-style pathway: small-sided U6–U12, full pitch from U13
Wootton St George Youth FC	Training & matches weekly	wsgfcyouth.co.uk	Accredited local club with boys & girls teams across U6–U16
Various NDYAL Clubs	Weekend fixtures	NDYAL via FA Full-Time	League featuring Bilton Ajax, Grange Park Rangers, Harpole, etc. across U11–U16
Thrapston Town Juniors, Moulton Magpies, etc.	Weekend fixtures	youth-football.co.uk directory	Village & junior clubs across Northamptonshire for ages 7–16
Northamptonshire FA (Find A Club)	Matches per age group	Find Players - Northamptonshire FA	Mini soccer, futsal, small-sided, 9v9 & 11v11 formats

Rugby:

Club	When	Website	Details
Northampton Old Scouts RFC	Junior training midweek + Sunday matches, U16s train Wed/Sun 10 am–12 pm (northamptonoldscoutsrfc.com , localgymsandfitness.com)	https://www.northamptonoldscoutsrfc.com	Established Mini & Junior section, pathway into Academy & Colts
Northampton Casuals RFC	Sundays & some midweek	https://www.northamptoncasualsrugby.co.uk	Inclusive teams (boys & girls) with year-grouped coaching; TREDs values focus
Old Northamptonians RFC (ONs)	Sunday mornings + matches; junior training	https://www.pitchero.com/clubs/oldnorthamptonians/	Leading regional club, strong tournament success, academy pathway
Northampton Outlaws RFC	Tues (7–8:30 pm) & summer Thurs sessions	https://www.outlawsrfc.co.uk	LGBTQ+ inclusive club coaching from beginner level
Long Buckby RFC (near Northampton)	Weekends, training on Station Road	https://longbuckby.rfu.club/	One of the region's oldest clubs, teams for all junior age groups
Kettering RFC (county-wide reach)	Training & matches, Waverley Road	https://www.ketteringrugbyclub.com/	Strong Mini/Junior and Girls section, feeder to higher leagues

Martial Arts:

Club / Organisation	Style(s)	Website	Details
Endurance Martial Arts Academy	Kickboxing	endurancemartialarts.co.uk	Teen Kickboxing sessions at Pineham Barns PS; free trial week offered.
Sei Jou Kai Ju Jitsu	Ju-Jitsu	seijoukai.com	Traditional Japanese Ju-Jitsu; classes at St Andrew's Hospital dojo.
Northampton Martial Arts	Kickboxing / Karate	northamptonmartialarts.co.uk	Cadet & adult programmes; training at Frank Bruno Centre. Free taster sessions.
East-West Martial Arts	Wado-Ryu Karate / Self-Defence	eastwestmartialarts.org	Age-specific classes, belt grading system, family-oriented.
Proaction Martial Arts & Fitness	Taekwondo & Kickboxing	proactionmartialarts.co.uk	Well-known local franchise; multiple locations and free tasters.
Northants Taekwondo (GTUK)	Taekwondo	gtuknorthampton.co.uk	BTC/GTUK affiliated; belt gradings, tournaments, self-defence.
Little Dragons – Amity Northampton	Taekwondo	amitytkd.co.uk	Structured programme with emphasis on life skills & anti-bullying.

Scouts & Guides:

Group / Section	When & Activities	Website / Link
Northampton District Scouts	Weekly section meetings, camps, DofE, international trips	northamptonscouts.org.uk
Explorer Scouts Units (e.g. Rockies, Pyrenees, Himalayas, Duston Alps)	District Explorer units with expeditions, camps, volunteering & leadership opportunities	Explorer Units – Northampton Scouts
57th Northampton SEND Scout Group	SEND-focused Sunday sessions at Mencap in Far Cotton	Join – Northampton Scouts
43rd Northampton Scout Group	Term-time weekly meetings (Tuesdays) with adventure, badgework & team building	43rd Northampton Scouts
16th Northampton Scout Group	Squirrel to Explorer sections; adventure, community, and skills-based activities	16th Northampton Scouts Facebook
Girlguiding Northamptonshire (Guides & Rangers)	Guides (10–14) & Rangers (14–18) offer badges, adventure, friendship, and leadership	girlguidingnorthamptonshire.org.uk
32nd St Matthew's Guiding Units (Abington)	Monday evening meetings across age sections	Girlguiding Join Page

Cadets:

Cadet Organization	When & Activities	Website / Contact Link
Army Cadets (ACF) – Leicestershire, Northamptonshire & Rutland	Weekly parades, adventurous training, fieldcraft, leadership skills, qualifications	Join Army Cadets – LNR ACF (sea-cadets.org, armycadets.com)
Air Cadets (RAFAC) – 5F (Northampton) Squadron	Drill, flying & gliding experiences, STEM, camps, leadership	Northampton ATC – Clare Street
Sea Cadets – Northampton	Sailing, kayaking, powerboating, adventure training, qualifications, plus Royal Marines Cadets	Northampton Sea Cadets – Contact: info@northamptonseacadets.org.uk
Combined Cadet Force (CCF) – Northampton International Academy	School-based cadet unit offering Navy, Army, or RAF sections, camps, parades, national events	Northampton International Academy CCF News
Emergency Services Cadets (NESC) – Northamptonshire	Learn basic police/fire/ambulance skills, community support roles, public events	Northants Emergency Services Cadets

Basketball:

Club	Website	Details
Northants Basketball Club	northantsbasketballclub.net	Offers teams for boys and girls in multiple age groups, competing in YBL League and Basketball England's National Competitions. Facilities include a £2m Basketball Centre with full-size courts.
Northampton Neptunes	northamptonneptunes.co.uk	Provides competitive opportunities for youth players, including U14 Boys and U16 Girls teams.
Athletic Elite – CVL League	athleticelite.uk/cvl	A community-focused league offering structured 3-on-3 games, promoting skill development and teamwork.
Street Ballerz (NN Streetballerz)	nnbasket.wixsite.com/nnbasketball/streetballerz	Informal, drop-in sessions aimed at engaging young people in positive activities, focusing on skill development and community engagement.
King's Park Sports (NAYC)	naycacuk.co.uk	Offers basketball sessions among other sports, providing opportunities for youth engagement and development.

Swimming:

Club / Programme	Focus	Training Times	Website
Nene Valley Swim Club (NVSC)	Competitive swimming	Various sessions at The Mounts Baths	nenevalleyssc.co.uk
Northampton Swimming Club (NSC)	Learn to swim, development, competitive	Various sessions at The Mounts Baths	gomotionapp.com
Splash Academy SWC	Swimming lessons and development	Monday–Friday: 10am–7pm; Saturday: 9:30am–12:30pm	splashacademyswc.com
Water Wizards Swim School	Learn to swim, stroke development	After school and weekends	swimwithwaterwizards.co.uk
Trilogy Swim School	Learn to swim, Rookie Lifeguard	Various times at Trilogy Leisure Centres	trilogyleisure.co.uk
Jump Into Swimming	Learn to swim, stroke development	Various times at local schools	jumpintoswimming.co.uk