

EXTRA - CURRICULAR PROGRAMME TERM 1 (2018)

1. The following is just a guideline and is subject to change.
2. Any queries about individual extramurals should be taken up with the teacher-in-charge and **notice boards should be consulted regularly.**
3. The date upon which the extramural will begin is up to the teacher-in-charge (ie not necessarily in the first week).

	MONDAY	TIC	TUESDAY	TIC	WEDNESDAY	TIC	THURSDAY	TIC	FRIDAY	TIC
Before School	Hockey (1st Team) 06:00 - 07:00	Miss White					Hockey (U16 A) 06:00 - 07:00	Miss White		
Session 1	Swimming (6:00-7:00)	Mrs Roos	Swimming (6:00-7:00)	Mrs Roos	Fitness (06:00 - 07:00)	Miss van Eyk			Swimming (6:00-7:00)	Mrs Roos
Session 2 14:30 - 15:30 (Unless otherwise specified)	Cross Country	Mrs Hayter	Canoeing - Emmerentia Dam 14:30 - 16:30	Mrs Carstens	Swimming 14:45 - 16:00	Mrs Roos	Hockey - U14 A&B U15 A (astro) 14:30 - 16:00	Miss White	Squash matches	Mrs F Patel
	Hockey - U14 A (astro) U14 B (grass) 14:30 - 16:00 U15 A & B (astro) 14:30 - 16:00 U16 A & B & 2nd Team (astro) 16:00 - 17:30	Miss White	Netball - All teams Start later in term	Mrs Bouwer	Water polo matches	Miss Malcolm	U16 B, 1st & 2nd (astro) 16:00 - 17:30 U15B (grass) 14:30 - 16:00		Touch rugby Matches 14:30 - 17:30	Mrs Richardson
	Netball - All teams Start later in term	Mrs Bouwer	Swimming 14:30 - 15:45	Mrs Roos	Traditional Dance - 14:40-15:40	Mrs Sithole	Swimming Gala	Mrs Roos	First Aid Team	Mrs Seery
	Tennis - Beginners 14:30-16:30	Miss Moreira	Tennis matches	Miss Moreira	Orchestra 14:30 - 16:30 Music Room	Mrs Francis	Beginner (Social) Swimming	Mrs Eckhardt	Hockey	Miss White
	Squash - Parview - 14:45-16:00	Mrs F Patel	Sole Survivors (Walking)	Mrs Jurgens	Fitness 14:30 - 15:30	Miss van Eyk	Squash - Parkview - 15:00-16:00	Mrs F Patel	1st & U16 A (astro) 14:30 - 16:00	
	Touch Rugby Juniors 14:30 - 16:00 (K-field) Seniors 14:30 - 16:00 (E-field)	Ms Richardson	Choir - 14:30-16:30	Mrs Fourie			Poetry Club - Room 21	Mrs Hodgson	Debating Room 20 15:30 - 17:00	Mr Ciric
	Marimbas	Miss Shay	Fun Dance Fit - Hoepoe	Ms Coxon			Yoga - 14:40-15:45 Pavillion	Mrs Tweedy	Performing Arts Programme	Ms Te Reh
	Traditional choir	Miss Morulane	Pottery/ Art Club - Room 47	Mrs Maene			Advanced Cont. dance - Hoepoe	Mrs Strauss		
	Cont. Dance Hoepoe	Miss Strauss	Marimbas	Miss Shay			Marimbas - Intermediate	Ms Shay		
	First Aid Beginners	Mrs Seery	Hockey 1st Team & U16 A (astro) 14:30 - 16:00	Miss White			Community Service 14:30 - 16:00	Mrs Govender		
	Regional Science Expo	Ms Govender					Science Club Lab 4	Mrs Meyer		
	Water Polo Juniors 14:30 - 16:00	Miss Malcolm					Empower	Miss Tweedy		
							Cross country	Mrs Hayter		
							Canoeing 15:00 - 16:30 Emmerentia Dam	Mrs Carstens		
							Touch Rugby 14:30 - 16:00 Juniors (K-field) Seniors (E-field)	Ms Richardson		
							Photography - 14:30-16:30	Mrs Linde		
						Orchestra 14:30 - 16:30	Mrs Francis			
						Backstage 14:30 - 16:00				
Session 3 15:30 - Onwards (Unless otherwise specified)	Diving - 15:30 -17:15	Mr Pasque	Water polo - 15:45-17:15	Miss Malcolm	Diving - 15:30 -17:15	Mr Pasque	Marimbas - Advanced	Miss Shay		
	Water polo Seniors 16:00 - 17:30	Miss Malcolm			Netball - 1st & 2nd (start later in term)	Mrs Bouwer				
	Marimbas - Advanced	Miss Shay			Hip-Hop Advanced - 16:00-17:00	Miss van Blerk				
					Traditional Dance - 15:40-16:40	Mrs Sithole				

SATURDAY	
Diving - School pool	Mr Pasque
Beginners 9:00 - 10:00	
Squad 10:00 - 12:00	
Swimming Gala's	Mrs Roos

FEDA rehearsal times to be confirmed with Teacher in Charge
 Major Production rehearsal times to be confirmed with Teacher in Charge
 General Debating session is to be confirmed