

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 Session 1	Swimming (6:00-7:00)	Mrs Roos	Swimming (6:00-7:00)	Mrs Roos	Hockey (1st team) 06:00 - 07:00	Miss White	Hockey (U16 A) 06:00 - 07:00	Miss White		
Session 2 14:30 - 15:30 (Unless otherwise specified)	Cross Country	Mrs Hayter	Canoeing - Emmerentia Dam 14:30 - 16:30	Mrs Carstens	Tennis - Team Practices -14:30-16:30	Miss Moreira	Hockey - U14 & U15 (astro) 14:30 - 16:00 1st Team & 2nd Team (astro) 16:00 - 17:30 GK Prac Seniors 14:30 - 16:00	Miss White	Squash matches 14:30 - 17:30	Mrs F Patel
	Hockey - U16 (Astro) 14:30 - 16:00 U14 & 2nd Team (astro) 16:00 - 17:30 GK Prac Juniors 14:30 - 16:00	Miss White	Netball - All teams Start later in term	Mrs Bouwer	Water polo matches	Miss Malcolm			Touch rugby Matches	Mrs Richardson
	Netball - All teams Start later in term	Mrs Bouwer	Swimming 14:30 - 15:45	Mrs Roos	Hip-Hop Beginners - 15:00-17:00	Miss van Blerk	Swimming Gala	Mrs Roos	First Aid Team	Mrs Seery
	Tennis - Beginners 14:30-16:30	Miss Moreira	Tennis matches	Miss Moreira	Traditional Dance - 14:40-15:40	Mrs Sithole	Beginner (Social) Swimming	Mrs Eckhardt	Debating Room 20	Mr Ciric
	Squash - Parview - 14:45-16:00	Mrs F Patel	Sole Survivors (Walking)	Mrs Jurgens	Orchestra 14:30 - 16:30 Music Room	Mrs Francis	Beginner (Social) Swimming	Mrs Eckhardt	15:30 - 17:00	
	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	Fitness 14:30 - 15:30	Miss van Eyk	Squash - Parkview - 15:00-16:00	Mrs F Patel	Beginner (Social) Swimming	Mrs Eckhardt
	Marimbas	Miss Shay	Fun Dance Fit - Hoepoe	Ms Coxon			Poetry Club - Room 21	Mrs Hodgson		
	Traditional choir	Miss Morulane	Pottery/ Art Club - Room 47	Mrs Maene			Yoga - 14:40-15:45 Pavillion	Mrs Tweedy		
	Cont. Dance Hoepoe	Miss Strauss	Marimbas	Miss Shay			Advanced Cont. dance - Hoepoe	Mrs Strauss		
	First Aid Beginners	Mrs Seery	Hockey 1st Team & U15 (astro) 14:30 - 16:00 U16 (astro) 16:00 - 17:30	Miss White			Marimbas - Intermediate	Ms Shay		
	Regional Science Expo	Ms Govender	Public Speaking	Ms Schmidt			Community Service 14:30 - 16:00	Mrs Govender		
	Water Polo Juniors 14:30 - 16:00	Miss Malcolm					Science Club Lab 4	Mrs Meyer		
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	Empower	Miss Tweedy		
	Water polo Seniors 16:00 - 17:30	Miss Malcolm			Netball - 1st & 2nd (start later in term)	Mrs Bouwer	Cross country	Mrs Hayter		
	Marimbas - Advanced	Miss Shay			Traditional Dance - 15:40-16:40	Mrs Sithole	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	Mr Hood		
							Marimbas - Advanced	Miss Shay		

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