

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

SATURDAY	
<b>Diving - School pool</b>	Mr Pasque
Beginners 9:00 - 10:00	
Squad 10:00 - 12:00	
<b>Swimming Gala's</b>	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