

EXTRA - CURRICULAR PROGRAMME TERM 1 (2019)

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			<b>Water Polo</b>	Miss Malcolm	<b>Fitness 06:00 - 07:00</b>	Miss van Eyk	<b>Touch Rugby 1st Team 06:00 - 07:00</b>	Miss Richardson	<b>Hockey</b>	Miss White
			1st Team 06:00-07:15		<b>Team Swimming 06:00 - 07:00</b>	Mrs Roos			1st Team & U16 06:00 - 07:00	
									<b>Team Swimming 06:00 - 07:00</b>	Mrs Roos
After School	<b>Tennis - Social 14:30-16:30</b>	Miss Moreira	<b>Canoeing</b>	Mr Metcalffe	<b>Tennis Team Practices 14:30-16:30</b>	Miss Moreira	<b>Yoga Pavilion 14:40-15:45</b>	Mrs Tweedy	<b>Canoeing</b>	Mr Metcalffe
	<b>Squash (Beginners)</b>	Mrs F Patel	(Emmerentia Dam) 14:30 - 16:30		<b>Fitness 14:30 - 15:30 E-Field</b>	Miss van Eyk	<b>Cross country 14:30 - 15:30</b>	Mrs Hayter	Emmerentia Dam 14:30 - 16:30	
	Parview (14:40-15:40)		<b>Netball</b>	Mrs Bouwer	<b>Hip-Hop</b>	Miss van Blerk	<b>Poetry Club</b>	Miss Sehannie	<b>First Aid Team 14:30 - 15:30</b>	Mr Seery
	<b>Marimbas Art Centre</b>	Miss Shay	Junior Teams 14:30 - 15:30		Hoepoe 14:30 - 17:00		Room 21 14:30 - 15:30		<b>Debating</b>	Mr Ciric
	Beginners 14:30 - 15:30		Senior Teams 15:30 - 16:30		<b>Traditional Dance</b>	Mrs Sithole	<b>Marimbas</b>	Miss Shay	Room 20 15:30 - 17:00	
	Advanced 15:30 - 17:00		<b>Choir (14:30-17:00) Room 30</b>	Mrs Fourie	Gym 14:40 - 16:40		Intermediate 14:30 - 15:30		<b>Squash Matches</b>	Mrs F Patel
	<b>Traditional choir</b>	Miss Morulane	<b>Public Speaking</b>	Ms Schmidt	<b>Orchestra 14:30 - 16:30 Music Room</b>	Mrs Francis	Advanced 15:30 - 17:00		<b>Beginner Swimming</b>	Mrs Eckhardt
	Room 30 (14:30 - 15:30)		14:30 - 15:30 Room 19		<b>Hockey Goal-Kepper Session</b>	Miss White	<b>Community Service 14:30 - 16:00</b>	Mrs Govender	House pool	
	<b>Meditation and Yoga Class</b>	Mrs Davidson	<b>Traditional Dance</b>	Mrs Sithole	Astro 14:30 - 16:00		<b>Empower</b>	Miss Tweedy	Session 1 14:30 - 15:00	
	Pavillion 14:30 - 15:40	(outside coach)	Gym 14:40 - 15:40		<b>Water Polo Matches</b>	Miss Malcolm	<b>Photography</b>	Mrs Knobel	Session 2 15:00 - 15:30	
	<b>Diving 15:30 - 17:15</b>	Miss Sekhwela	<b>Debating (General)</b>	Mr Ciric	<b>Touch Rugby</b>	Miss Richardson	Room 38 14:30 - 16:30		<b>Water Polo Main Pool</b>	Miss Malcolm
	<b>Beginner Swimming</b>	Mrs Eckhardt	Room 20		Juniors 14:30 - 16:00 (K-field)		<b>Orchestra</b>	Mrs Francis	Junior Teams 14:30 - 16:00	
	House pool		<b>Cross Country (14:30 - 15:30)</b>	Mrs Hayter	Seniors 14:30 - 16:00 (E-field)		Music Room 14:30 - 16:30		Senior Teams 14:30 - 16:30	
	Session 1 14:40 - 15:10		<b>Tennis matches</b>	Miss Moreira			<b>Theatre Thec Room 17 14:30 - 16:00</b>	Mr Hood	<b>Touch Rugby Matches</b>	Miss Richardson
	Session 2 15:10 - 15:40		<b>Team Swimming</b>	Mrs Roos			<b>Hockey</b>	Miss White	<b>Chess 14:30 - 16:00 Room 22</b>	Miss Rorke
	<b>Hockey</b>	Miss White	Main pool 14:30 - 16:00				2nd Team, U14 A & B	14:30 - 16:00		
	1st Team, U16 A & B	14:30 - 16:00	<b>Water Polo</b>	Miss Malcolm			1st Team, U16 A & B	16:00 - 17:30		
	2nd Team, U15 A & B	16:00 - 17:30	Junior Teams 16:00 - 17:30				<b>Intermediate Swimming</b>	Mrs Eckhard		
	<b>Cross Country (14:30 - 15:30)</b>	Mrs Hayter	<b>Beginner Swimming</b>	Mrs Eckhardt			14:30 - 15:30 school pool			
	<b>Water Polo</b>	Miss Malcolm	House pool				<b>Beginner Swimming</b>	Mrs Eckhardt		
	Senior Teams 16:00 - 17:30		Session 1 14:30 - 15:00				House pool			
	<b>Team Swimming</b>	Mrs Roos	Session 2 15:00 - 15:30				Session 1 14:30 - 15:00			
	Main pool 14:30 - 16:00		<b>Hockey</b>	Miss White			Session 2 15:00 - 15:30			
	<b>Touch Rugby</b>	Miss Richardson	U15 A & B	14:30 - 16:00			<b>Diving 14:30 - 16:00</b>	Miss Sekhwela		
	Juniors 14:30 - 16:00 (K-field)		U14 A & B	16:00 - 17:30			<b>Swimming Gala's</b>	Mrs Roos		
	Seniors 14:30 - 16:00 (E-field)		<b>Cont. Dance (Hoepoe)</b>	Mrs Strauss			<b>Squash (Team)</b>	Mrs F Patel		
	<b>Sole Survivors (Walking)</b>	Mrs Jurgens	Beginners 14:45 - 15:45				Parview (14:40-15:40)			
14:30 - 15:30		Team 15:45 - 17:00				<b>Cont. Dance (Hoepoe)</b>	Mrs Strauss			
<b>Hip-Hop</b>	Miss van Blerk	<b>Chess 14:30 - 16:00 Room 22</b>	Miss Rorke			Team 14:45 - 16:00				
Hoepoe 14:30 - 17:00		<b>Fun Fab Fit</b>	Mrs Nel							
<b>First Aid (beginners)</b>	Mrs Seery	Pavillion (14:30 - 15:30)								
14:30 - 15:20										

Weekend	Saturday
Sports tournaments	Diving (beginners) 09:00 - 10:00
Cultural Festivals & Competitions	Diving (Squad) 10:00 - 12:00

Please check the D6 Communicator calendar for planned weekend events, these are subject to change  
**Regional Science Expo** - Time confirmed with teacher individually