

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

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