

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
<b>Before School</b>			<b>Water Polo</b> 1st Team 06:00-07:15	Miss Malcolm	<b>Fitness</b> 06:00 - 07:00 <b>Team Swimming</b> 06:00 - 07:00	Miss van Eyk Mrs Roos	<b>Touch Rugby</b> 1st Team 06:00 - 07:00	Miss Richardson	<b>Hockey</b> 1st Team & U16 06:00 - 07:00 <b>Team Swimming</b> 06:00 - 07:00	Miss White Mrs Roos
<b>After School</b>	<b>Tennis - Social</b> 14:30-16:30 <b>Squash (Beginners)</b> Parview (14:40-15:40) <b>Marimbas</b> Art Centre Beginners 14:30 - 15:30 Advanced 15:30 - 17:00 <b>Traditional choir</b> Room 30 (14:30 - 15:30) <b>Meditation and Yoga Class</b> Pavillion 14:30 - 15:40 <b>Diving</b> 15:30 - 17:15 <b>Beginner Swimming</b> House pool Session 1 14:40 - 15:10 Session 2 15:10 - 15:40 <b>Hockey</b> 1st Team, U16 A & B 2nd Team, U15 A & B <b>Cross Country</b> (14:30 - 15:30) <b>Water Polo</b> Senior Teams 16:00 - 17:30 <b>Team Swimming</b> Main pool 14:30 - 16:00 <b>Touch Rugby</b> Juniors 14:30 - 16:00 (K-field) Seniors 14:30 - 16:00 (E-field) <b>Sole Survivors (Walking)</b> 14:30 - 15:30 <b>Hip-Hop</b> Hoepoe 14:30 - 17:00 <b>First Aid</b> (beginners) 14:30 - 15:20 <b>Pottery Club</b> Room 47 (14:30 - 15:30)	Miss Moreira Mrs F Patel Miss Shay Miss Morulane Mrs Davidson (outside coach) Miss Sekhwela Mrs Eckhardt Miss White Mrs Hayter Miss Malcolm Mrs Roos Miss Richardson Mrs Jurgens Miss van Blerk Mrs Seery Mrs Atwell	<b>Canoeing</b> (Emmerentia Dam) 14:30 - 16:30 <b>Netball</b> Junior Teams 14:30 - 15:30 Senior Teams 15:30 - 16:30 <b>Choir</b> (14:30-17:00) Room 30 <b>Public Speaking</b> 14:30 - 15:30 Room 19 <b>Traditional Dance</b> <b>Debating</b> (General) Room 20 14:30 - 16:30 <b>Cross Country</b> (14:30 - 15:30) <b>Tennis matches</b> <b>Team Swimming</b> Main pool 14:30 - 16:00 <b>Water Polo</b> Junior Teams 16:00 - 17:30 <b>Beginner Swimming</b> House pool Session 1 14:30 - 15:00 Session 2 15:00 - 15:30 <b>Hockey</b> U15 A & B U14 A & B <b>Cont. Dance</b> (Hoepoe) Beginners 14:45 - 15:45 Team 15:45 - 17:00 <b>Chess</b> 14:30 - 16:00 Room 22 <b>Fun Fab Fit</b> Pavillion (14:30 - 15:30) <b>Art Club</b> Room 47 (14:30 - 15:30)	Mr Metcalffe Mrs Bouwer Mrs Fourie Ms Schmidt Mrs Sithole Mr Ciric Mrs Hayter Miss Moreira Mrs Roos Miss Malcolm Mrs Eckhardt Miss White Mrs Strauss Miss Rorke Mrs Nel Mrs Atwell	<b>Tennis</b> Team Practices 14:30-16:30 <b>Fitness</b> 14:30 - 15:30 E-Field <b>Hip-Hop</b> Hoepoe 14:30 - 17:00 <b>Traditional Dance</b> Gym 14:40 - 15:40 <b>Orchestra</b> 14:30 - 16:30 Music Room <b>Hockey Goal-Kepper Session</b> Astro 14:30 - 16:00 <b>Water Polo Matches</b> <b>Touch Rugby</b> Juniors 14:30 - 16:00 (K-field) Seniors 14:30 - 16:00 (E-field)	Miss Moreira Miss van Eyk Miss van Blerk Mrs Sithole Mrs Francis Miss White Miss Richardson	<b>Yoga</b> Pavillion 14:40-15:45 <b>Cross country</b> 14:30 - 15:30 <b>Poetry Club</b> Room 21 14:30 - 15:30 <b>Marimbas</b> Intermediate 14:30 - 15:30 Advanced 15:30 - 17:00 <b>Community Service</b> 14:30 - 16:00 <b>Empower</b> <b>Photography</b> Room 38 14:30 - 16:30 <b>Orchestra</b> Music Room 14:30 - 16:30 <b>Theatre Thec</b> Room 17 14:30 - 16:00 <b>Hockey</b> 2nd Team, U14 A & B 1st Team, U16 A & B <b>Intermediate Swimming</b> 14:30 - 15:30 school pool <b>Beginner Swimming</b> House pool Session 1 14:30 - 15:00 Session 2 15:00 - 15:30 <b>Diving</b> 14:30 - 16:00 <b>Swimming Gala's</b> <b>Squash (Team)</b> Parview (14:40-15:40) <b>Cont. Dance</b> (Hoepoe) Team 14:45 - 16:00	Mrs Tweedy Mrs Hayter Miss Sehannie Miss Shay Mrs Govender Miss Tweedy Mrs Knobel Mrs Francis Mr Hood Miss White 14:30 - 16:00 16:00 - 17:30 Mrs Eckhardt Mrs Eckhardt Miss Sekhwela Mrs Roos Mrs F Patel Mrs Strauss	<b>Canoeing</b> Emmerentia Dam 14:30 - 16:30 <b>First Aid Team</b> 14:30 - 15:30 Room 20 14:30 - 16:30 <b>Squash Matches</b> <b>Beginner Swimming</b> House pool Session 1 14:30 - 15:00 Session 2 15:00 - 15:30 <b>Water Polo</b> Main Pool Junior Teams 14:30 - 16:00 Senior Teams 14:30 - 16:30 <b>Touch Rugby</b> Matches <b>Chess</b> 14:30 - 16:00 Room 22	Mr Metcalffe Mrs Seery Mr Ciric Mrs F Patel Mrs Eckhardt Miss Malcolm Miss Richardson Miss Rorke

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