

## EXTRA - CURRICULAR PROGRAMME TERM 2 (2017)

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>Session 1</b> (Before school)					Fitness 06:00 - 07:00	Miss van Eyk				
<b>Session 2</b> <b>14:30 - 15:30</b> (Unless otherwise specified)	<b>Cross country</b> - Meetings Mrs Hayter	Mrs Hayter	<b>Canoeing</b> - Emmarentia Dam Mrs Carstens	Mrs Carstens	<b>Tennis</b> - Team Practice 14:30 - 16:30 Miss Moreira	Miss Moreira	<b>Hockey</b> - Miss White	Miss White	<b>Canoeing</b> - Emmarentia Dam Mrs Carstens	Mrs Carstens
	<b>Social running</b> Mrs Hayter	Mrs Hayter	14:30 - 16:30		<b>Soccer</b> Miss Haus	Miss Haus	1st & 2nd - UJ Astro 15:00 - 16:00		14:30 - 16:30	
	<b>Hockey</b> - 1st & 2nd - UJ Astro 16:00-18:00 U16 - UJ Astro 16:00-18:00 U14 & U15 - Pirates 15:00-16:30	Miss White	<b>Hockey</b> - Matches Miss White	Miss White	U15 A & B 15:30 - 16:30 (Top field) U17 15:00 - 16:00 (Pirates) First Team 15:30 - 16:30 (Pirates)		U16 - UJ Astro 15:00-16:00 U15 & U14 - Pirates 15:00-16:30		<b>Squash</b> team 14:45 - 15:45	Mrs F Patel
	<b>Netball</b> - U14, U15 & U16 Mrs Bouwer	Mrs Bouwer	<b>Yoga</b> - 14:40-15:40 Mrs L Botha	Mrs L Botha	<b>Hip-Hop</b> Beginners 15:00-16:00 Miss van Blerk	Miss van Blerk	<b>Netball</b> - matches Mrs Bouwer	Mrs Bouwer	<b>Soccer</b> Miss Haus	Miss Haus
	<b>Tennis</b> Beginners, 14:30 - 16:30	Miss Moreira	<b>1st Team Dance</b> Miss Coxon	Miss Coxon	<b>Traditional Dance</b> 14:40-15:40 Mrs Sithole	Mrs Sithole	<b>Yoga</b> - 14:40-15:45 Mrs L Botha	Mrs L Botha	U15 B 15:00 - 16:00 (Top field) U15 A 15:30 - 16:30 (Top field) U17 15:00 - 16:00 (Pirates)	
	<b>Squash</b> beginners 14:45- 15:45	Mrs F Patel	<b>Pottery/Art Club</b> Room 47	Mrs Maene	<b>Photography</b> - Room 47 14:30 - 17:30	Mrs Linde	<b>Advanced Cont.</b> - Hoepoe Miss Coxon	Miss Coxon	U15 B 15:00 - 16:00 (Top field) U17 15:00 - 16:00 (Pirates)	
	<b>First Aid Beginners</b> Mrs Seery	Mrs Seery	<b>Art Club</b> Room 47 Mrs Maene	Mrs Maene	<b>Orchestra</b> 14:30 - 16:30 Miss Hay	Miss Hay	<b>Marimbas</b> - Intermediate Miss Shay	Miss Shay	<b>Cross country meetings</b> Mrs Hayter	Mrs Hayter
	<b>Marimbas</b> - Intermediate Miss Shay	Miss Shay	<b>Marimbas</b> beginners 14:30 - 15:30	Miss Shay	<b>Fitness</b> 14:30 - 15:30 Miss van Eyk	Miss van Eyk	<b>Poetry Club</b> - Room 21 Mrs Hodgson	Mrs Hodgson	<b>Orchestra</b> 14:30 - 16:30 Miss Hay	Miss Hay
	<b>MUN Debating</b> - Room 23 Mrs Rahim	Mrs Rahim	<b>Traditional Dance - Gym</b> Mrs Sithole	Mrs Sithole	<b>Debating</b> Sci Lab 14:30 - 16:30 Mr Ciric	Mr Ciric	<b>Cross Country</b> Mrs Hayter	Mrs Hayter	<b>Social Running</b> Ms Govender	Ms Govender
	<b>Traditional choir</b> Mrs Morulane	Mrs Morulane	<b>Reading Programme</b> Ms Barry	Ms Barry			<b>Community Service</b> Ms Govender	Ms Govender	<b>First Aid Team</b> Mrs Seery	Mrs Seery
	<b>Regional Science Expo</b> Ms Govender	Ms Govender	(start later in term)				14:30 - 16:00		<b>Debating</b> - Room 20 Mr Ciric	Mr Ciric
	<b>Film Club</b> Mrs Hodgson	Mrs Hodgson					<b>Science Club</b> Lab 4 Mrs Meyer	Mrs Meyer	15:30 - 17:00	
							<b>EMPOWER</b> Mrs Tweedy	Mrs Tweedy		
<b>Session 3</b> <b>15:30 - Onwards</b> (Unless otherwise specified)	<b>Marimbas</b> - Advanced Miss Shay	Miss Shay	<b>Beginner Cont. Dance</b> Miss Coxon	Miss Coxon	<b>Netball</b> - 1st & 2nd teams	Mrs Bouwer	<b>Marimbas</b> - Advanced 15:30 - 17:00 Miss Shay	Miss Shay		
			Hoepoe 16:00 - 17:00		<b>Hip-Hop Advanced</b> - 16:00-17:00 Ms van Blerk	Ms van Blerk				
					<b>Traditional Dance</b> - Gym 15:40 - 16:40 Mrs Sithole	Mrs Sithole				

\*Equestrian will continue throughout the year as per own arrangements.

\* Activities in the gym may use other venues due to the major production set up for the period.

\*For major production rehearsal times please check with Miss Coxon