

## EXTRA - CURRICULAR PROGRAMME TERM 3 (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> 14:30 - 15:30 (Unless otherwise specified)	<b>Cross country</b> - Meetings	Mrs Hayter	<b>Canoeing</b> - Emmarentia Dam	Mrs Carstens	<b>Tennis</b> - Team Practice 14:30 - 16:30	Miss Moreira	<b>Soccer matches</b>	Ms Haus	<b>Canoeing</b> - Emmarentia Dam	Mrs Carstens
	<b>Social running</b>	Mrs Hayter	14:30 - 16:30		<b>Soccer</b>	Miss Haus	<b>Softball matches</b>	Mrs Davidson	14:30 - 16:30	
	<b>Tennis</b> Beginners, 14:30 - 16:30	Miss Moreira	<b>Softball</b> All teams (Top field) 14:30 - 16:00	Mrs Davidson	U15 A & B 15:30 - 17:00 (Top field) U17 15:00 - 16:30 (Pirates) First Team 15:00 - 16:30 (Pirates)		<b>Yoga</b> - 14:40-15:45	Mrs L Botha	<b>Squash</b> team 14:45 - 15:45	Mrs F Patel
	<b>Squash</b> beginners 14:45- 15:45	Mrs F Patel	<b>Yoga</b> - 14:40-15:40	Mrs L Botha	<b>Hip-Hop</b> Beginners 15:00-16:00	Miss van Blerk	<b>Advanced Cont.</b> - Hoepoe	Mrs Geldenhuys	<b>Softball</b>	Mrs Davidson
	<b>First Aid Beginners</b>	Mrs Seery	<b>Choir</b> - 14:30-16:30	Mrs Fourie	<b>Traditional Dance</b> 14:40-15:40	Mrs Sithole	Hoepoe 15:00 - 16:30		All teams (Top field)	
	<b>Marimbas</b> - Intermediate	Miss Shay	<b>Pottery/Art Club</b>	Mrs Maene	Room 47		<b>Marimbas</b> - Intermediate	Miss Shay	14:30 - 16:00	
	<b>Traditional choir</b>	Mrs Morulane	<b>Marimbas</b>	Miss Shay	<b>Photography</b> - Room 47	Mrs Linde	<b>Poetry Club</b> - Room 21	Mrs Hodgson	<b>Orchestra</b> 14:30 - 16:30	Miss Hay
	<b>Film Club</b>	Mrs Hodgson	beginners 14:30 - 15:30		14:30 - 17:30		<b>Cross Country</b>	Mrs Hayter	Music Romm	
	<b>1st Team Dance</b> 15:00 - 16:30 Hoepoe	Mrs Geldenhuys	<b>Traditional Dance - Gym</b>	Mrs Sithole	<b>Orchestra</b> 14:30 - 16:30	Miss Hay	<b>Community Service</b>	Ms Govender	<b>First Aid Team</b>	Mrs Seery
	<b>Beginner Cont. Dance</b> Hoepoe 16:00 - 17:00	Mrs Geldenhuys	<b>Reading Programme</b> (start later in term)	Ms Barry	Music Room		14:30 - 16:00		<b>Debating</b> - Room 20	Mr Ciric
	<b>Soccer</b> U15 B (Top field) 14:30 - 16:00	Ms Haus	<b>Fun Dance Fit</b> Hoepoe (14:30 - 15:30)	Ms Coxon	<b>Fitness</b> 14:30 - 15:30	Miss van Eyk	<b>Science Club</b> Lab 4	Mrs Meyer	15:30 - 17:00	
					<b>Debating</b> Sci Lab 14:30 - 16:30	Mr Ciric	<b>EMPOWER</b>	Mrs Tweedy	<b>Touch Rugby matches</b>	Ms Osato
									<b>Performing Arts Programme</b> 14:30 - 15:30 Gym	Ms Te Rey
<b>Session 3</b> 15:30 - Onwards (Unless otherwise specified)	<b>Marimbas</b> - Advanced	Miss Shay	<b>Touch Rugby</b>	Ms Hausler	<b>Hip-Hop Advanced</b> - 16:00-17:00	Ms van Blerk	<b>Marimbas</b> - Advanced 15:30 - 17:00	Miss Shay		
	<b>Soccer</b> U15 A (top field) 16:00 - 17:30 U17 & 1st teams (Pirates) 15:00 - 16:30	Ms Haus	All teams 15:00 - 16:30 (Pirates)		<b>Traditional Dance</b> - Gym 15:40 - 16:40	Mrs Sithole	<b>Touch Rugby</b>	Ms Hausler		
							All teams 15:00 - 16:30 (Pirates)			

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

\* **Shakespeare** rehearsals as arranged with Mrs Hodgson

\* **House Play** rehearsals as arranged with directors