

**EXTRA - CURRICULAR PROGRAMME TERM 4 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).

	<b>MONDAY</b>	<b>TIC</b>	<b>TUESDAY</b>	<b>TIC</b>	<b>WEDNESDAY</b>	<b>TIC</b>	<b>THURSDAY</b>	<b>TIC</b>	<b>FRIDAY</b>	<b>TIC</b>
<b>Session 1</b> <b>(Before school)</b>	<b>Swimming (6:00-7:00)</b>	Mrs Roos			<b>Touch Rugby (1st team only)</b>	Miss Osato			<b>Swimming 6:00-7:00</b>	Mrs Roos
					<b>Fitness 06:00 - 07:00</b>	Ms van Eyk				
<b>Session 2</b> <b>14:30 - 15:30</b> <small>(Unless otherwise specified)</small>	<b>Cross country/ social running</b> 14:30 - 15:30	Mrs Hayter	<b>Canoeing - Emmarentia Dam</b> 14:30 - 16:30	Mrs Carstens	<b>Tennis - Team Practices -14:30-16:30</b>	Miss Moreira	<b>Swimming (14:40 - 15:40)</b>	Mrs Roos	<b>Canoeing - Emmarentia Dam</b> 14:30 - 16:30	Mrs Carstens
	<b>Water polo (Juniors) - 14:30-16:00</b>	Ms van Eyk	<b>Swimming 14:45 - 16:00</b>	Mrs Roos	<b>Photography - Room 47 14:30-17:30</b>	Mrs Linde	<b>Beginner and social Swimming</b>	Mrs Eckhardt		
	<b>Tennis - Beginners 14:30-16:30</b>	Miss Moreira	<b>Tennis matches</b>	Miss Moreira	<b>Orchestra - 14:30-16:30</b>	Miss Hay	<b>Squash (Team) - Parkview - 15:15-16:30</b>	Mrs F Patel	<b>Squash matches</b>	Mrs F Patel
	<b>Squash (beginners) - Parview - 15:15-16:30</b>	Mrs F Patel	<b>Yoga - 14:40-15:45</b>	Mrs L Botha	<b>Water polo matches</b>	Miss van Eyk	<b>Poetry Club - Room 21</b>	Mrs Hodgson	<b>Touch rugby Matches</b> 14:30 - 17:30	Miss Osato
	<b>Marimbas - Intermediate</b>	Miss Shay	<b>Choir - 14:30-16:30</b>	Mrs Fourie	<b>Hip-Hop Beginners - 15:00-16:00</b>	Miss van Blerk	<b>Yoga - 14:40-15:45</b>	Mrs Tweedy		
	<b>MUN Debating - Rm 23</b>	Mr Maetane	<b>Pottery/ Art Club</b>	Mrs Maene	<b>Traditional Dance (Gym) 14:40 - 15:40</b>	Mrs Sithole	<b>Advanced Cont. dance -15:00-16:30 Hoepoe</b>	Mrs Geldenhuys	<b>Orchestra (Music room)</b>	Miss Hay
	<b>Traditional choir</b>	Ms Morulane	<b>Marimbas - Beginners 14:30 - 15:30</b>	Miss Shay	<b>Debating 14:30 - 16:30</b>	Mr Ciric		Miss Strauss	<b>First Aid Team</b>	Mrs Seery
	<b>First Aid Beginners</b>	Mrs Seery	<b>Squash (Team) - Parkview 15:15 - 16:15</b>	Mrs F Patel			<b>Marimbas - Intermediate</b>	Ms Shay	<b>Performing Arts Programme</b> 14:30 - 15:30 Gym	Miss TerKey
	<b>Film Club</b>	Mrs Hodgson	<b>Traditional Dance Gym</b>	Mrs Sithole			<b>Community Service</b> 14:30 - 16:00	Ms Govender	<b>Beginner Swimming</b>	Miss Eckhardt
	<b>First Team Dance</b> 15:00 - 16:30 Hoepoe	Mrs Geldenhuys	<b>Reading Programe</b>	Ms Barry			<b>Science Club Lab 4</b>	Mrs Meyer		
	<b>Netball 14:30 - 16:00</b>	Mrs Bouwer	<b>Touch Rugby - 14:30-16:30</b> (First team and U17 team)	Miss Osato			<b>Empower</b>	Mrs Tweedy		
	<b>Hockey (Juniors) 14:30 - 16:00 Astro</b>	Miss White	<b>Fun Dance Fit</b>	Miss Coxon			<b>Cross country/ social running</b> 14:30 - 15:30	Mrs Hayter		
			<b>Hoepoe 14:30 - 15:30</b>				<b>Touch Rugby - 14:30-16:30</b> (U17 team and U15 team)	Miss Osato		
			<b>Cross country/ social running</b> 14:30 - 15:30	Mrs Hayter			<b>Hockey (seniors) 14:30 - 16:00 Astro</b>	Miss White		
<b>Session 3</b> <b>15:30 - Onwards</b> <small>(Unless otherwise specified)</small>	<b>Diving - 15:30 -17:15</b>	Mr Pasque	<b>Water polo (all teams) 16:00 - 17:30</b>	Ms van Eyk	<b>Diving - 15:30 -17:15</b>	Mr Pasque	<b>Marimbas - Advanced 15:30 - 17:00</b>	Ms Shay		
	<b>Water polo (Seniors) - 16:00-17:30</b>	Ms van Eyk			<b>Hip-Hop Advanced - 16:00-17:00</b>	Miss van Blerk				
	<b>Marimbas - Advanced</b>	Ms Shay			<b>Traditional Dance (Gym) - 15:40-16:40</b>	Mrs Sithole				
	<b>Beginner Cont. Dance</b> Hoepoe 16:00 - 17:00	Mrs Geldenhuys								
		Miss Strauss								

<b>SATURDAY</b>	
<b>Diving - School pool</b>	Mr Pasque
<b>Beginners 9:00 - 10:00</b>	
<b>Squad 10:00 - 12:00</b>	
<b>Equestrian</b>	Ms van Eyk