

Extra Lessons and Additional Sports Practices Term 1 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
GR 8-12	Gym sessions Mornings 05:50-06:50 Seniors Mon Wed Fri Juniors Tues & Thur Rugby Academy training 16:15 -18:00(Skills training)	Gym sessions Mornings 05:50-06:50 Hockey training 16:30-17:30 U16	Gym sessions Mornings 05:50-06:50	Gym sessions Mornings 05:50-06:50 Hockey training 06:00-07:00 Pipe band 16:15-17:30 Hockey training 16:30-17:30 Opens	Gym sessions Mornings 05:50-06:50 Rugby Academy training 14:45-16:15(Skills training)
8	English 15:10-16:10	Science First Aid 15:10 -16:10 Mrs Angelova Maths 15:10- 16:10 Mrs. Cook	Science First Aid 15:10 -16:10 Mrs Visentin	Science First Aid 15:10 -16:10 Mr Du Plooy Afrikaans 15:10 – 16:10 Mev Strydom Maths 15:10 - 16:10 Mrs Naidoo Maths Enrichment Mr Hayward	Integrated Day: 10:20-12:35
8	Winter Pre-Season 10:50-12:20 Rowing 15:05-17:00 Choir 17:00 - 18:00 Shooting 15:30 to 17:00	Swimming 05:30-06:50 Rowing 11:30-13:15 I/D 15:10 – 16:15(A) (rowers to pick one session A or B) Marimba Band 15:10- 16:15 Basketball 15:15 – 16:15 Shooting 15:30 to 17:00	Cricket 13:50 – 14:45 Shooting 13:50 to 17:00 Integrated Day: 10:50-12:20	Swimming 05:30-06:50 Rowing 15:10 – 16:15(B) Water polo 15:10 – 16:15 Music Theory 15:10-16:10 Mr Huyzers	
		Integrated Day: 10:50-13:05			Integrated Day: 13:20-14:30
9	Maths 15:10 – 16:10 Mr Tennant	English 15:10-16:00 Science First Aid 15:10 -16:10 Mrs Angelova Maths 15:10- 16:10 Mr Wagner	Science First Aid 15:10 -16:10 Mrs Visentin	Science First Aid 15:10 -16:10 Mr Du Plooy Afrikaans 15:10 – 16:10 Mev Du Plessis Maths 15:10 - 16:10 Mrs Steyn Maths Enrichment Mr Hayward	
9	Winter Pre-Season 12:20-13:05 Rowing 15:05-17:00 Choir 17:00 – 18:00 Shooting 15:30 to 17:00	Rowing 05:30 – 06:50 11:30-13:15 I/D Swimming 05:30-06:50 Gym Session 05:50 – 06:50 Basketball 15:10 – 16:10 Marimba Band 15h10- 16h10 Shooting 15:30 to 17:00	Rowing 13:50 – 14:45 Cricket 13:50 – 14:45 Shooting 13:50 to 17:00	Gym Session 05:50– 06:50 Music Theory 15:10-16:10 Mr Huyzers Water polo 15:10 – 16:15	

	Monday	Tuesday	Wednesday	Thursday	Friday
	Integrated Day: 13:30-15:00			Integrated Day: 10:50-13:05	
10	Maths 16:10 – 17:10 Mr Botha Science 15:10 – 16:10 Mrs Esterhuizen Accounts 15:00 – 16:00	Art 15:10 – 16:10 Science First Aid 15:10 -16:10 Mrs Angelova	Science First Aid 15:10 -16:10 Mrs Visentin Information Tech:13:50 – 14:45 English 13:50 - 14:15	Afrikaans 15:10 – 16:10 Mnr Van Eeden /Mev Swart Art 15:10 – 16:10 Science First Aid 15:10 -16:10 Mr Du Plooy Maths 15:10 - 16:10 Ms Balzer Maths Enrichment Mr Hayward	
10	Gym Session 05:50–06:50 Rowing 13:40-15:00 I/D Swimming 05:30-06-50 Choir 17:00 - 18:00 Shooting 15:30 to 17:00 Art 15:10 – 16:10	Rowing Senior Water polo 15:10 – 16:15 Swimming 05:30-06:50 Marimba Band 15:10- 16:10 Shooting 15:30 to 17:00	Gym Session 05:50 – 06:50 Rowing Senior 13:50 – 14:45 Cricket 13:50 – 14:45 Basketball 13:50 – 15:25 Shooting 13:50 to 17:00	Swimming 05:30-06:50 Music Theory 15:10-16:10 Mr Huyzers Rowing 10:50 – 13:05 I/D	Gym Session 05:50 – 06:50 Rowing 14:35 – 17:30 Water polo 14:35 – 15:30 Water polo 14:35 – 15:30
	Monday	Tuesday	Wednesday	Thursday	Friday
		Integrated Day: 13:30-15:10		Integrated Day: 13:30-15:10	
11	AP English 15:00-17:00 Maths 15:10 – 16:10 Mr Botha Science 16:10 – 17:00 Mr van der Linde Geography 15:00-16:00 Afrikaans 15:10-16:10 Mev Stothard Art 15:10 – 16:10	AP Maths 06:00 – 07:00 (Benecke, Sillman) Science First Aid 15:10 -16:10 Mrs Angelova Life Sciences 15:10 – 16:10 Accounts 15:00 – 16:00	Science First Aid 13h50-14h30 Mrs Visentin Information Tech 13:50 – 14:45	Art 15:10 – 16:10 Science First Aid 15:10 – 16:10 Mr Du Plooy Maths 15:10 - 16:10 Mrs Meredith Maths Enrichment Mr Hayward	

11	Swimming 05:30 – 06:50 Rowing 3rd/4th 05:50-06:50 Gym Session 05:50 – 06:50 Rowing 2nd eight 15:10 – 16:30 Choir 17:00 - 18:00 Shooting 15:30 to 17:00	Swimming 05:30-06:50 Rowing Senior 13:30 – 18:00 I/D Marimba Band 15:10- 16:10 Shooting 15:30 to 17:00	Gym Session 05:50 – 06:50 Rowing Senior 13:50 – 14:45 Cricket 13:50 – 14:45 Basketball 13:50 – 15:25 Shooting 13:50 to 17:00	Swimming 05:30-06:50 Rowing Senior 13:30 – 18:00 I/D Music Theory 15:10-16:10 Mr Huyzers	Gym Session 05:50 – 06:50 Rowing 2nd 14:35 – 17:00 Water polo 14:35– 15:45
	Monday	Tuesday	Wednesday	Thursday	Friday
		Integrated Day: 13:30-15:10		Integrated Day: 13:30-15:10	
12	AP English 15:00 – 17:00 Maths 16:10 – 17:10 Mrs Povall Science 15:10 -16:00 Mr van der Linde Art 15:10 – 16:10	Accounts 15:10 – 17:00 Science 15:10 -16:00 Life Sciences 15:10 – 16:10 Maths/Maths Lit Pilot Project 06:00 - 07:00 Mrs Cook AP Maths 06:00 - 07:00 Mrs Povall	Afrikaans 13:50 – 14:45 Mev Smith Information Tech 13:50 – 14:45 Science First Aid 15:10 -16:10 Mrs Visentin	Art 15:10 – 16:10 Maths 15:10 - 16:10 Mr Benecke Science First Aid 15:10 -16:10 Mr Du Plooy	
12	Gym Session 05:50 – 06:50 Swimming 05:30-06:50 Rowing 2nd eight 15:00 – 16:30 Choir 17:00 - 18:00 Shooting 15:30 to 17:00	Swimming 05:30-06:50 Shooting 15:30 to 17:00 Rowing 13:30 – 18:00 I/D Marimba Band 15:10- 16:00	Gym Session 05:50 – 06:50 Rowing 13:50 – 14:45^{1st} 8 Cricket 13:50 – 14:45 Basketball 13:50 – 15:25 Shooting 13:50 to 17:00	Swimming 05:30-06:50 Rowing 13:30 – 18:00 I/D Music Theory 15:10-16:10 Mr Huyzers	

