

Extra Lessons and Additional Sports Practices Term 1 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
GR 8-12	Gym sessions Mornings 05:50 - 06:50 Seniors Mon Wed Fri Juniors Tues & Thur Rugby Academy: 15:15 -17:00 (Skills training) Extra Art from 3:15 - 4:30 for all Grades. Polo team GYM session Monday mornings 6:00 - 7:00 All Grades: Monday 16:00 - 17:00: Extra Music Theory: Mr J Huyzers	Gym sessions Mornings 05:50-06:50 Swimming team swim session Tuesday mornings 6:00 - 7:00 All Grades: Tuesday 16:15 - 18:00: Rock Band (by audition): Mr B Steenkamp Extra Art for all Grades will be on Tuesday from 15:15 to 16:00	Gym sessions Mornings 05:50-06:50 Swimming: Wednesday mornings whole team off for recovery isiZulu- 13:40-14:40	Gym sessions Mornings 05:50-06:50 Hockey training 06:00-07:00 Polo team pool session Thursday mornings 6:00 - 7:00 Swim team GYM session Thursdays 6:00 - 7:00 Service Art Team on Thursday from 15:15 to 16:00 isiZulu- 15:10-16-10.	Gym sessions Mornings 05:50-06:50 Rugby Academy 14:35 -16:15 (Skills training)
	Pre-Season: 13:30-15:00		Integrated Day: 10:50-12:20		Integrated Day: 09:45-12:20
8	English - By Appointment with class teacher Maths 15:10 - 16:10 Mrs Cook Rowing 15:05-17:00 Choir 17:00 - 18:15 Shooting 15:30 to 17:00 Athletics 15:00 - 16:00	Science 15:10-16:00 Maths 15:10- 16:10 Mrs. Naidoo Swimming 06:00-7:00 Marimba Band 15:10- 16:15 Basketball 15:10 – 16:15 Athletics 15:00 - 16:00 Shooting 15:10 to 17:00 Pipe band Juvenile 15:10-16:10 Pipe band Novice 16:10-17:10	Science 13:50-14:50 Cricket matches Cricket prac 13:50 - 15:30 Shooting 13:50 - 17:00	Science 15:10 – 16:10 Afrikaans 15:10 – 16:10 Rowing 15:10 – 16:15(B) Water polo 15:10 – 16:10 Pipe band Juvenile 15:10-16:10	Tennis Fixtures
		Integrated Day: 10:50-13:05		Pre-Season: 14:15-15:30	Integrated Day: 13:00-14:30
9	Maths 15:10 – 16:10 Mr Wagner Rowing 15:05-17:00 Shooting 15:30 to 17:00 Cricket 15:15-16:30 Athletics 15:00 - 16:00 Choir 17:00 - 18:15 Hockey 16:30 - 18:00	English - By Appointment with class teacher Science 15:10-16:00 Maths 15:10- 16:10 Mrs. Meredith Rowing 05:30 – 06:50 11:30-13:15 I/D Swimming 6:00-07:00 Gym Session 05:50 – 06:50 Basketball 15:10 – 16:10 Athletics 15:00 - 16:00 Marimba Band 15h10- 16h10 Shooting 15:30 to 17:00 Pipe band Juvenile 15:15-16:15 Pipe band Novice 16:15-17:15	Science 13h50-14h50 Rowing 13:50 – 15:30 Cricket Matches Cricket prac 13:50 – 15:30 Shooting 13:50 to 17:00	Science 15:10 – 16:10 Afrikaans 15:10 – 16:10 Maths 15:10 - 16:10 Mrs Steyn Gym Session 05:50– 06:50 Pipe band Juvenile 15:10-16:15 Hockey 16:30 - 18:00	Tennis Fixtures
	Integrated Day: 13:30-15:00			Integrated Day: 10:50-13:05	
10	Science 15:10 – 16:10 Accounts 15:00 – 16:00 Afrikaans 15.10 - 16.10 Gym Session 05:50–06:50 Rowing:13:40-15:00 I/D Choir 17:00 - 18:15 Shooting 15:30 to 17:00 Hockey 16:30 - 18:00 Athletics 15:00 - 16:00	Maths 15:10 – 16:10 Mr Hayward Science 15h10-16h10 Rowing Senior Water polo 15:10 – 16:15 Swimming 06:00-07:00 Marimba Band 15:10- 16:10 Athletics 15:00 - 16:00 Shooting 15:30 to 17:00 Pipe band Juvenile 15:15-16:15 Pipe band Novice 16:15-17:15 Hockey Gym 05:45 - 06:45	Science 13:50 – 14:50 Information Tech:13:50 – 14:50 English - By Appointment with class teacher Gym Session 05:50 – 06:50 Rowing Senior 13:50 – 15:30 Cricket Matches Cricket prac 13:50 – 15:30 Basketball 13:50 – 15:30 Shooting 13:50 to 17:00	Afrikaans 15:10 – 16:10 Science 15:10 –16:10 Maths 15:10 - 16:10 Ms Balzer Rowing 10:50 – 13:05 I/D Pipe band Juvenile 15:10-16:15 Hockey Gym 05:45 - 06:45 Hockey 16:30 - 18:00	Gym Session 05:50 – 06:50 Rowing 14:35 – 17:30 Water polo 14:35 – 15:30 Water polo 14:35 – 15:30 Tennis Fixtures

	Monday	Tuesday	Wednesday	Thursday	Friday
11	AP English 15:00-17:00 Maths 15:10 - 16:10 Mr C Botha Science 15:10 – 16:10 Geography 15:10-16:10 Afrikaans 15:10-16:10	Integrated Day: 13:30-15:00 Science 15:10 -16:10 Life Sciences 15:10 – 16:10 Maths 15:10 - 16:10 Ms Balzer Accounting 15.00 - 16.00	Integrated Day: 13:05-13:50 Science 13:50 – 14:50 Information Tech 13:50 – 14:50 English - by appointment with class teacher	Integrated Day: 13:30-15:00 AP Maths 06:00 – 07:00 (Mrs Povall & Mr Benecke) Afrikaans 15.10 - 16.00 Science 15:10 – 16:10 Maths 15:10 - 16:10 Mr Hayward	
	Rowing 3rd/4th 05:50-06:50 Gym Session 05:50 – 06:50 Rowing 2nd eight 15:10 – 16:30 Choir 17:00 - 18:15 Shooting 15:30 to 17:00 Hockey 16:30 - 18:00 Athletics 15:00 - 16:00 Rugby Academy: 15:15 -17:00 (Skills training)	Swimming 06:00-07:00 Rowing Senior 13:30 – 18:00 I/D Marimba Band 15:10- 16:10 Shooting 15:30 to 17:00 Pipe band Juvenile 15:15-16:15 Pipe band Novice 16:15-17:15 Hockey Gym 05:45 - 06:45 Athletics 15:00 - 16:00	Gym Session 05:50 – 06:50 Rowing Senior 13:50 – 15:30 Cricket Matches Cricket prac 13:50 – 15:30 Basketball 13:50 – 15:30 Shooting 13:50 to 17:00	Rowing Senior 13:30 – 18:00 I/D Pipe band Juvenile 15:15-16:15 Hockey Gym 05:45 - 06:45 Hockey 16:30 - 18:00	Gym Session 05:50 – 06:50 Rowing 2nd 14:35 – 17:00 Water polo 14:35– 15:45 Tennis Fixtures
12	AP English 15:00 – 17:00 Maths 15:10 – 16:10 Mrs Serafino Science 16:00 -17:00 English 15:00 - 16:00 Afrikaans: 15:00-16:00 Mev Swart	Integrated Day: 13:30-15:00 Science 15:10 -16:00 Life Sciences 15:10 – 16:10 Maths/Maths Lit Project 06.15-7.00 Mrs Cook/Balzer Maths 15:10 - 16:10 Mrs Povall AP Maths 06:00 - 07:00 (Mr Benecke & Mrs Serafino)	Integrated Day: 13:05-13:50 Information Tech 13:50 – 14:50 Science 13:50 – 14:50	Integrated Day: 13:30-15:00 Maths 15:10 - 16:10 Mr C Botha Science 15:10 – 16:10 Accounting 15.00 - 16.00	
	Gym Session 05:50 – 06:50 Rowing 2nd eight 15:00 – 16:30 Choir 17:00 - 18:15 Shooting 15:30 to 17:00 Hockey 16:30 - 18:00 Athletics 15:00 - 16:00 Rugby Academy: 15:15 -17:00 (Skills training)	Swimming 06:00-07:00 Shooting 15:30 to 17:00 Rowing 13:30 – 18:00 I/D Marimba Band 15:10- 16:00 Pipe band Juvenile 15:15-16:15 Pipe band Novice 16:15-17:15 Hockey Gym 05:45 - 06:45 Athletics 15:00 - 16:00	Gym Session 05:50 – 06:50 Rowing Senior 1st 8 13:50 – 15:30 Cricket Matches Cricket prac 13:50 – 15:30 Basketball 13:50 – 15:30 Shooting 13:50 to 17:00	Rowing 13:30 – 18:00 I/D Pipe band Juvenile 15:15-16:15 Hockey Gym 05:45 - 06:45 Hockey 16:30 - 18:00	Gym Session 05:50 – 06:50 Rowing 2nd 8 14:35– 17:00 Water polo 14:35 – 15:45 Tennis Fixtures