

1st TERM SPORTS PROGRAMME 2018

MONDAY	SWIMMING LTS: 15h30–16h15 SOCIAL: 15h30–16h15 WATER POLO U16A 06h15-07h15 @ RGHS pool U19B/16B 17h00-19h00 @ Groote Schuur pool	INDOOR HOCKEY @ Westerford 18h30–19h30 TEAM TENNIS (Teams E, F, G & H) 15h30 - 16h30	CRICKET MATCHES/PRACTICE 15h30–17h00 RUNNING CLUB 15h15–16h15 WALKING CLUB 15h15–16h15
TUESDAY	SWIMMING - TEAM 15h15–16h15 WATER POLO U14A & B 06h15–07h15 U19A/16A 18h00-19h30 @ SACS	TENNIS MATCHES C, D, E & F Teams TOUCH RUGBY 1 st & 2 nd Teams 15h15-16h30	SOCIAL SOCCER 15h15–16h15
WEDNESDAY	SWIMMING SOCIAL: 15h30 – 16h30 WATERPOLO U19A 06h15–07h15 @RGHS pool U19B/16B 17h00-19h00 @ Groote Schuur pool U14C/16C 16h15-17h15 @RGHS pool	INDOOR HOCKEY MATCHES (evening) TENNIS PRACTICE (Social) 15h30 - 16h30	SOCIAL: FAST 5's 15h30 – 16h15 16h15 - 17h00
THURSDAY	SWIMMING TEAM GALAS 15h15–17h00 LTS :15h30–16h15 SOCIAL: 15h30–16h15 WATER POLO U19B & U16B 06h15–07h15 @ RGHS pool U14A & B 17h00-19h00 @ Groote Schuur pool U19A/16A 16h30-18h00 @ SACS	INDOOR HOCKEY @ Westerford 18h00 – 19h00 TEAM TENNIS (Teams A, B, C & D) 15h30 - 16h30 TENNIS MATCHES G & H Teams TOUCH RUGBY 3 rd & 4 th Teams 15h15-16h30	RUNNING CLUB 15h15–16h15 WALKING CLUB 15h15–16h15 SOCIAL SOCCER 15h15-16h15
FRIDAY	WATER POLO MATCHES	TENNIS MATCH A & B Teams	TOUCH RUGBY MATCHES

- TENNIS Practices are compulsory for all team players as per the times and days indicated above.