

## 4<sup>th</sup> TERM SPORTS PROGRAMME 2018

|                  |   |  |  |
|------------------|---|--|--|
| <b>MONDAY</b>    | <b>SWIMMING</b><br>LTS: 15h30-16h00;<br>16h00-16h30<br>SOCIAL SWIM:<br>15h30-16h30<br><b>WATERPOLO</b> (see detail below)<br>06h15-07h15 @ RGHS<br>16h15-17h15 @ RGHS           | <b>TENNIS PRACTICE</b><br>15h30-16h45<br>Team- D,E,F<br><br><b>SOCIAL CRICKET</b><br>15h30-16h30   | <b>RUNNING CLUB</b><br>15h15-16h15<br><b>WALKING CLUB</b><br>15h15-16h15<br><b>INDOOR HOCKEY</b><br>18h30-19h30<br>@ Westerford<br><b>ATHLETICS @ RBHS</b><br>15h30-16h30  |
| <b>TUESDAY</b>   | <b>TEAM SWIMMING</b><br>15h15-16h15<br><b>WATERPOLO</b> (see detail below)<br>06h15-07h15 @ RGHS<br>18h00-19h30 @ SACS  | <b>TENNIS TEAM MATCHES</b><br>C - 15h15-17h30<br><br><b>TOUCH RUGBY</b><br>2 <sup>nd</sup> team 15h15-16h15<br>3 <sup>rd</sup> team 15h15-16h15  | <b>SOCIAL SOCCER</b><br>15h15-16h15<br><b>YOGA</b><br>15h30-16h30<br><b>ATHLETICS @ RBHS</b><br>15h30-16h30  |
| <b>WEDNESDAY</b> | <b>SWIMMING</b><br>LTS: 15h30-16h00;<br>16h00-16h30<br>SOCIAL SWIM:<br>15h30-16h30<br><b>WATERPOLO</b> (see detail below)<br>06h15-07h15 @ RGHS<br>16h15-17h45 @ RGHS           | <b>SOCIAL CRICKET</b><br>15h30-16h30<br><br><b>SOCIAL TENNIS</b><br>15h30-16h30<br><br><b>SOCIAL TOUCH RUGBY</b><br>15h15-16h15  | <b>FAST 5s</b><br>15h30-16h15 &<br>16h15-17h00<br><b>YOGA</b><br>15h30-16h30<br><b>ATHLETICS @ RBHS</b><br>15h30-16h30   |
| <b>THURSDAY</b>  | <b>SWIMMING GALAS</b><br>15h15-17h00<br>SOCIAL SWIM<br>15h30-16h30<br><br><b>WATERPOLO</b> (see detail below)<br>06h15-07h15 @ RGHS<br>16h15-17h15 @ RGHS<br>16h30-18h00 @ SACS | <b>TENNIS PRACTICE</b><br>15h30-16h45<br>Teams- A,B,C<br><br><b>TENNIS TEAM MATCHES</b><br>D,E, F teams<br>15h15-17h30<br><br><b>TOUCH RUGBY</b><br>1 <sup>st</sup> team 15h15-16h15<br>4 <sup>th</sup> team 15h15-16h15 | <b>RUNNING CLUB</b><br>15h15-16h15<br><b>WALKING CLUB</b><br>15h15-16h15<br><b>SOCIAL SOCCER</b><br>15h15-16h15<br><b>INDOOR HOCKEY</b><br>18h00-19h00<br>@ Westerford<br><b>ATHLETICS @ RBHS</b><br>15h30-16h30 |
| <b>FRIDAY</b>    | <b>WATERPOLO MATCHES</b><br>14h30-18h30   | <b>TENNIS TEAM MATCHES</b><br>A, B teams   | <b>TOUCH RUGBY</b><br><b>CLINICS/MATCHES</b>   |

### WATER POLO TRAINING TIMES & VENUES FOR SPECIFIC TEAMS

|             | Mon                 | Tue                | Wed                 | Thu                 | Fri            |
|-------------|---------------------|--------------------|---------------------|---------------------|----------------|
| <b>U14A</b> |                     | 06:15-07:15 @ RGHS |                     | 16:30-18:00 @ SACS  | <b>MATCHES</b> |
| <b>U14B</b> |                     | 06:15-07:15 @ RGHS |                     | 16h15 -17h15 @ RGHS |                |
| <b>U16A</b> | 06:15-07:15 @ RGHS  | 18:00-19:30 @ SACS | 06:15-07:15 @ RGHS  | 16h15 -17h15 @ RGHS |                |
| <b>U16B</b> | 16h15 -17h15 @ RGHS |                    |                     | 06:15-07:15 @ RGHS  |                |
| <b>U16C</b> |                     |                    | 16h30-17h15 @ RGHS  |                     |                |
| <b>U19A</b> | 06:15-07:15 @ RGHS  | 18:00-19:30 @ SACS | 06:15-07:15 @ RGHS  | 16:30-18:00 @ SACS  |                |
| <b>U19B</b> |                     |                    | 16h15 -17h45 @ RGHS | 06:15-07:15 @ RGHS  |                |

All SPORT starts as per this time table on Monday 15 October 2018