

WINTER SPORTS PROGRAMME 2019

Monday	<u>Hockey</u> <u>On Astro:</u> U16A & U19A 15h15-17h00 U16D & U16C 17h00-18h00 U16B & U19B 18h00-19h30 <u>On Grass:</u> U14C & U19C 15h30-16h30	<u>Netball</u> U14A and B 16h15 – 17h15 U14C and D 15h15-16h15 U16A and B 16h00 – 17h30 U16C and D 16h15 –17h15 U19A and B 16h15 – 17h45	<u>Cross Country</u> 15h15 -16h15 <u>Walking club</u> 15h15-16h15
Tuesday	<u>Hockey</u> <u>On Astro:</u> U14A & B 17h00-18h30 (1 st 30mins may be on grass due to RGJS hockey on astro)	<u>Netball</u> U14A and B 15h30 – 16h30 U14C and D 15h15-16h15 U16A and B 16h00 – 17h30 U16C and D 15h30– 16h30 U19A and B 15h15 – 16h45	<u>Social Soccer</u> <u>Field 1:</u> 15h30 – 16h30
Wednesday	<u>Hockey</u> <u>On Astro:</u> U14C 15h15-16h45 U19C 15h15-16h45 U19A 16h45-18h30 U19B 16h45-18h15 U16A 18h15-19h45 U16B 18h30-19h45 <u>On Grass:</u> U16C & D 17h00-18h00	<u>Netball</u> SOCIAL 15h15-16h15	<u>Cross Country</u> <u>Races</u> 15h30 – 17h30 or Training 15h15-16h15 <u>Squash</u> 15h30 – 17h00 (Kelvin Grove)
Thursday	<u>Hockey</u> <u>On Astro:</u> U14A & B 17h00-18h30 (After the RGJS matches)	<u>Netball Matches</u>	<u>Walking club</u> 15h15-16h15 <u>Social Soccer</u> 15h30 – 16h30
Friday	<u>Hockey matches</u>		<u>Squash Matches</u> (Kelvin Grove)
Saturday	<u>Hockey matches</u>		

Squash | Cross Country | Social Netball starts on 3 April
 Soccer | Yoga | Walking club starts 4 April
 All Hockey & Netball Team practices start from 4 April