

4th TERM SPORTS PROGRAMME 2019

All SPORT starts as per this time table on Monday 7 October 2019

MONDAY	SWIMMING LTS: 15h15-15h50; 16h50-16h15 SOCIAL SWIM: 15h15-16h15 WATERPOLO 1 st Team matches @ WGHS (more details in T4)	TENNIS PRACTICE 15h30-16h45 Team- D,E,F SOCIAL CRICKET 15h30-16h30 YOGA 15h15-16h15	RUNNING CLUB 15h15-16h15 WALKING CLUB 15h15-16h15 INDOOR HOCKEY 18h30-19h30 - 1 st squad @ Westerford HS 15h15-16h15 – 2 nd squad @ RGHS
TUESDAY	TEAM SWIMMING 15h15-16h15 WATERPOLO (see detail below)	TENNIS TEAM MATCHES D,E, F- 15h15-17h30 TOUCH RUGBY 3 rd team 15h30-17h00 4 th team 15h30-17h00	SOCIAL SOCCER 15h15-16h15
WEDNESDAY	SWIMMING SOCIAL SWIM: 15h15-16h15 WATERPOLO (see detail below)	SOCIAL CRICKET 15h30-16h30 SOCIAL TENNIS 15h30-16h30 SOCIAL TOUCH RUGBY 15h15-16h15	FAST 5s 15h30-16h15 & 16h15-17h00
THURSDAY	SWIMMING GALAS 15h15-17h00 LTS: 15h15-15h50; 16h50-16h15 SOCIAL SWIM 15h15-16h15 WATERPOLO (see detail below)	TENNIS PRACTICE 15h30-16h45 Teams- A,B,C TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00 YOGA 15h15-16h15	RUNNING CLUB 15h15-16h15 WALKING CLUB 15h15-16h15 SOCIAL SOCCER 15h15-16h15 INDOOR HOCKEY 18h00-19h00 – 1 st squad @ Westerford HS
FRIDAY	WATERPOLO MATCHES 14h30-18h30 (25/10 only)	TENNIS TEAM MATCHES A, B, C teams	TOUCH RUGBY CLINICS/MATCHES

WATER POLO TRAINING TIMES & VENUES FOR TERM 4 2019:

	Mon	Tue	Wed	Thu	Fri
U16A	06:15-07:15 @ RGHS	19h00-20h00 @ SACS	06:15-07:15 @ RGHS		16h00-17h00 @ SACS
U16B	06:15-07:15 @ RGHS	17h30-18h30 @ Pinelands		18h30-19h30 @ Pinelands	
U19A	Evening matches @ WGHS	19h00-20h00 @ SACS	06:15-07:15 @ RGHS		16h00-17h00 @ SACS
U19B		18h30-19h30 @ Pinelands		17h30-18h30 @ Pinelands	