1st TERM SPORTS PROGRAMME 2020 Version 2

MONDAY	**SWIMMING** LTS: 15h30–16h15 SOCIAL: 15h30–16h15 **WATER POLO** See separate time table below	**INDOOR HOCKEY** 1st Squad @ Westerford 18h30–19h30 2nd Squad @ RGHS 15h15–16h15 **TEAM TENNIS** 15h15-16h30 Teams – D, E & F	**SOCIAL CRICKET** 15h30-16h30 **RUNNING CLUB** 15h15–16h15 **WALKING CLUB** 15h30–16h15 **ATHLETICS (Middle distance)** @ RBHS 15h30-17h00
TUESDAY	**SWIMMING - TEAM** 15h15–16h15 **WATER POLO** See separate time table below	**TENNIS MATCHES** D, E & F Teams **TOUCH RUGBY** 3rd & 4th Teams 15h30-17h00	**SOCIAL SOCCER** 15h30–16h30
WEDNESDAY	**SWIMMING** SOCIAL: 15h30 – 16h15 **WATER POLO** See separate time table below	**INDOOR HOCKEY** MATCHES (evening) **TENNIS** SOCIAL 15h15 – 16h00 OR 16h00 - 16h45 **TOUCH RUGBY** Social 15h15-16h30	**HOCKEY 5's** 15h30 – 16h15 OR 16h15 - 17h00 **SOCIAL CRICKET** 15h30-16h30
THURSDAY	**SWIMMING - TEAM GALAS** 15h30–17h00 **LTS** :15h30–16h15 **SOCIAL**: 15h30–16h15 **WATER POLO** See separate time table below	**INDOOR HOCKEY** @ Westerford 18h00 – 19h30 **TEAM TENNIS** 15h15-16h30 Team- A, B, C **TOUCH RUGBY** 1st & 2nd Teams 15h30-17h00	**RUNNING CLUB** 15h15–16h15 **WALKING CLUB** 15h30–16h15 **SOCIAL SOCCER** 15h30-16h30
FRIDAY	**WATER POLO MATCHES**	**TENNIS MATCHES** A, B & C Teams	**TOUCH RUGBY MATCHES**

2020 TERM 1 WEDNESDAY: 07h30-08h30

VENUE	SPORT	GROUP
Swimming Pool	WATER POLO	U19A & U16A Teams
Tennis Courts	TENNIS	Grade 8 - Identified Development Squad
Astro	INDOOR HOCKEY	Grade 8 - Identified Squad
Fields	RUNNING/ CROSS COUNTRY	Identified & qualified runners

2020 YOGA & SELF-DEFENCE
These classes are offered as paid-for extras. Numbers are limited.
Registration for Term 1

DAY	TIME	SPORT	GROUP
Monday (Registration for Term 1 is closed)	15h15-16h15	SELF-DEFENCE	Grade 8 & 9
Tuesday (Registration for Term 1 is closed)	15h15-16h15	SELF-DEFENCE	Grade 10, 11 & 12
Monday	15h15-16h15	YOGA	Mixed class
Thursday	15h15-16h15	YOGA	Mixed class

2020 WATER POLO
This time table is subject to change due to pool availability.

	Mon	Tue	Wed	Thu
U14A		06h15-07h15 @ RGHS		18h30-20h00 @ Pinelands
		18h00-19h30 @ Pinelands		
U16A	06h15-07h15 @ RGHS	19h00-20h00 @ SACS	07h00-08h30 @ RGHS	16h30-17h30 @ SACS
U16B		18h00-20h00 @ Pinelands		06h15-07h15 @ RGHS
U19A	06h15-07h15 @ RGHS	19h00-20h00 @ SACS	07h00-08h30 @ RGHS	16h30-17h30 @ SACS
U19B		06h15-07h15 @ RGHS		18h00-20h00 @ Pinelands
SOCIAL			16h15-17h30 @ RGHS	

FOLLOW THE RGHS SPORTS DEPARTMENT ON INSTAGRAM @RGHSSport