

# 1st TERM SPORTS PROGRAMME 2021

<b>MONDAY</b>	<p><b><u>SWIMMING</u></b> LTS: 15h30–16h15 SOCIAL: 15h30–16h15</p> <p><b><u>WATER POLO</u></b> See separate time table below</p>	<p><b><u>INDOOR HOCKEY</u></b> 2<sup>nd</sup> Squad 15h15–16h15 1<sup>st</sup> Squad 16h30-17h30</p> <p><b><u>TEAM TENNIS</u></b> 15h15-16h30 Teams – D, E &amp; F</p>	<p><b><u>RUNNING CLUB</u></b> 15h20–16h00</p>
<b>TUESDAY</b>	<p><b><u>SWIMMING - TEAM</u></b> 15h15–16h15</p> <p><b><u>WATER POLO</u></b> See separate time table below</p>	<p><b><u>TENNIS MATCHES</u></b> D, E &amp; F Teams</p>	<p><b><u>FOOTBALL</u></b> 15h30–16h30</p> <p><b><u>ON THE MOVE</u></b> 15h20-16h00</p>
<b>WEDNESDAY</b>	<p><b><u>SWIMMING</u></b> SOCIAL: 15h30 – 16h15</p> <p><b><u>WATER POLO</u></b> See separate time table below</p>	<p><b><u>INDOOR HOCKEY MATCHES</u></b> (evening)</p> <p><b><u>TENNIS</u></b> SOCIAL 15h15 – 16h00 OR 16h00 - 16h45</p> <p><b><u>TOUCH RUGBY</u></b> 3<sup>rd</sup> &amp; 4<sup>th</sup> Teams 15h30-17h00 Social 15h20-16h20</p>	<p><b><u>HOCKEY 5's</u></b> 15h30 – 16h15 OR 16h15 - 17h00</p> <p><b><u>RUNNING CLUB</u></b> 15h20–16h00</p>
<b>THURSDAY</b>	<p><b><u>SWIMMING - TEAM GALAS</u></b> 15h30–17h00</p> <p>LTS :15h30–16h15</p> <p>SOCIAL: 15h30–16h15</p> <p><b><u>WATER POLO</u></b> See separate time table below</p>	<p><b><u>INDOOR HOCKEY</u></b> 1<sup>st</sup> Squad 17h30 – 18h30</p> <p><b><u>TEAM TENNIS</u></b> 15h15-16h30 Team- A, B, C</p> <p><b><u>TOUCH RUGBY</u></b> 1<sup>st</sup> &amp; 2<sup>nd</sup> Teams 15h30-17h00</p>	<p><b><u>FOOTBALL</u></b> 15h30–16h30</p> <p><b><u>ON THE MOVE</u></b> 15h20-16h00</p>
<b>FRIDAY</b>	<p><b><u>WATER POLO MATCHES</u></b></p>	<p><b><u>TENNIS MATCHES</u></b> A, B &amp; C Teams</p>	<p><b><u>TOUCH RUGBY MATCHES</u></b></p>

## WATER POLO TRAINING TIMES & VENUES SUBJECT TO CHANGE - TERM 1 2021

Day	Time	Venue	Age-group
Mon, Tues, Thu	06h15-07h15	RGHS pool	tbc
Wed	07h30-08h30	RGHS pool	U19A & U16A
Mon - Thu	17h00-18h30	Groote Schuur HS pool	tbc
Wed	16h15-17h00	RGHS pool	Social water polo

## 2021 TERM 1 WEDNESDAY: 07h30-08h30

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

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