

2021 REVISED 1st TERM SPORTS PROGRAMME

MONDAY	<u>SWIMMING</u> LTS: 15h20–15h45; 15h55-16h20 SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>INDOOR HOCKEY</u> 2 nd Squad 15h15–16h15 1 st Squad 16h30-17h30 <u>TEAM TENNIS</u> 15h15-16h30 Teams – D, E & F	<u>RUNNING CLUB</u> 15h20–16h00
TUESDAY	<u>SWIMMING - TEAM</u> 15h15–16h15 <u>WATER POLO</u> See separate time table below	<u>TENNIS MATCHES</u> D, E & F Teams 15h30-17h00	<u>FOOTBALL</u> 15h30–16h30 <u>ON THE MOVE</u> 15h20-16h00
WEDNESDAY	<u>SWIMMING</u> SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>TENNIS</u> <u>SOCIAL</u> 15h15 – 16h00 OR 16h00 - 16h45 <u>TOUCH RUGBY</u> 3 rd & 4 th Teams 15h30-17h00 <u>SOCIAL</u> 15h20-16h20	<u>HOCKEY 5's</u> 15h30 – 16h15 OR 16h15 - 17h00 <u>RUNNING CLUB</u> 15h20–16h00
THURSDAY	<u>SWIMMING</u> LTS: 15h20–15h45; 15h55-16h20 SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>INDOOR HOCKEY</u> Squad 17h30 – 18h30 <u>TEAM TENNIS</u> 15h15-16h30 Team- A, B, C <u>TOUCH RUGBY</u> 1 st & 2 nd Teams 15h30-17h00	<u>FOOTBALL</u> 15h30–16h30 <u>ON THE MOVE</u> 15h20-16h00
FRIDAY	<u>WATER POLO</u> See separate time table below	<u>TENNIS MATCHES</u> A, B & C Teams 15h30-17h00	<u>TOUCH RUGBY tbc</u>

REVISED WATER POLO FITNESS TRAINING TIMES - TERM 1 2021 – RGHS Pool		
Day	Time	Age-group
Monday	06h10-07h20	U19A & U16A (2020)
Tuesday	06h10-07h20	U14 selected Squad (2021)
Wednesday	06h10-07h20	U19B; U16B; U14A (2020)
Wednesday	07h25-08h25	U19A & U16A (2020)
Wednesday	16h30-17h15	Social/ Beginner
Thursday	06h10-07h20	U14 selected Squad (2021)
Friday	06h10-07h20	U19B; U16B; U14A (2020)

2021 TERM 1 WEDNESDAY: 07h30-08h30		
SPORT	Group	Venue
WATER POLO	U19A & U16A Teams (2020)	Swimming Pool
TENNIS	Grade 8 - Identified Development Squad (start date tbc)	Tennis Courts
INDOOR HOCKEY	Grade 8 - Identified Squad (start date tbc)	Astro
CROSS COUNTRY	Identified & qualified runners (start date tbc)	Fields

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