



# Extra-Curricular Term 4

## High School

Monday 04 October - Friday, 26 November

	EXTRA-CURRICULAR	TIME	DETAILS	HOST
MON	Tennis - Social group	15:15-16:15	Non-competitive school tennis	Chris De Koker
	Athletics - school training	15:15-16:15	School team athletics training	Ms Hendricks
	Basketball training	15:15-16:15	School team training	Ms Laas
	Library Assistance	15:15-16:15	Assistance in the school library	Ms Smit
	Chess Club	15:15-16:14	Basics chess techniques	Piotr Lipinski
	Broadway rehearsal (MYP 4+5)	15:15-16:30	Rehearsal	Ms Senekal
TUES	Tennis - Team Players	15:15-16:15	Competitive tennis with match play	Chris de Koker
	Cricket U13	14:15-15:15	Practice day for Cricket team	Mr Jones
	Swimming	15:30-16:30	Swimming training. Own transport to pool	Ms Kranhold & Ms van Dyk
	Debating / Public Speaking	15:15-16:15	Assistance and motivation for debators	Mr Bold
	Crafts	15:15-16:15	Arts and Crafts	Mr Gray
WED	Tennis - Social group	15:15-16:15	Non-competitive school tennis	Chris De Koker
	Power Club	15:15-16:15	Cross Fit inspired Fitness class	Mrs Brown
	Outdoor Ed	15:15-16:15	Various outdoor activities	Mr Behne & Ms Jenkin
	Yoga	15:15-16:15	Yoga class done on campus	Yoga Instructors
	High Performance Athletics coaching	16:00-17:00	Athletics training	Sakeena Williams
	STEAM'D Club	15:15-16:14	Science, Technology, Engineering, the Arts and Mathematics	Ms Vink
Broadway rehearsal (MYP 4+5)	16:15-17:30	Rehearsal	Ms Senekal	
THUR	Tennis - Team Players	15:15-16:15	Competitive tennis with match play	Chris de Koker
	Cricket U13 Match Day	14:00-18:00	Match day for U13 Cricket Team	Mr Jones
	Swimming Squads	15:30-16:30	Swimming training. Own transport to pool	Ms van Dyk & Ms Kronhold
	High Performance Athletics coaching	16:00-17:00	Athletics training	Sakeena Williams