



**HOUT BAY
INTERNATIONAL SCHOOL**
SOUTH AFRICA

Extra-Curricular Term 4

Senior Primary

Monday 04 October - Friday, 26 November

	EXTRA-CURRICULAR	TIME	DETAILS	HOST
MON	Cricket U10 Match/practice Day	14:00-17:30	Matches at various locations or practice at HBIS	All Rounders
	Cricket U11	14:15-15:15	Practice for Cricket team	All Rounders
	Tennis PYP 5&6 + MYP 1	14:15-15:15	Non-competitive school tennis	Chris De Koker
	Chess	14:15-15:15	Chess club at school	Mr Lipinski
	Cooking Club	15:30-17:00	Off Campus	Althea Naude
TUES	Cricket U10	14:15-15:15	Practice for Cricket team	All Rounders
	Cricket U13	14:15-15:15	Practice for Cricket team	Mr Jones
	Tennis PYP 3&4	14:15-15:15	Non-competitive school tennis	Chris De Koker
	Choir	14:15-15:15	Primary School Singing Club	Ms Van der Burgh
	Swimming (SP) - PYP 3+4	14:00-14:45	Swimming training. Own transport to pool (May leave school at 13:55)	Ms Lydell
	Swimming (SP) - PYP 5+6 + MYP1	14:45-15:30	Swimming training. Own transport to pool	Ms Swart
	Games 4 Brains	14:15-15:15	Various board and card games	Games 4 Brains
	Clay Creations	14:15-15:15	Creative club using clay as medium	Clay Creations
	Learn to Surf with CTSA	15:30-17:00	Surf club in Hout Bay or Llandudno	CTSA
	Dance Madness	14:15-15:29	Off Campus dance class	Dance Madness
High Performance Athletics coaching	16:00-17:00	Athletics training	Sakeena Williams	
WED	Cricket U11 Match/practice day	14:00-17:30	Matches at various locations or practice at HBIS	All Rounders
	Tennis PYP 5&6	14:15-15:15	Non-competitive school tennis	Chris De Koker
	STEAM'D Club PYP 3&4	14:15-15:15	Science, Technology, Engineering, the Arts and Mathematics	Ms Fillmore
	Art club PYP 5&6	14:15-15:15	Extention of school art	Ms Salvage
	Athletics - school training	14:15-15:15	School team athletics training	MS Hendricks
	Yoga	14:15-15:15	Yoga class done on campus	Child's Play Yoga
	Games 4 Brains	14:30-15:30	Various board and card games	Games 4 Brains
Athletics coaching	16:00-17:00	Athletics training	Sakeena Williams	
THURS	Cricket U10	14:15-15:15	Practice for Cricket team	All Rounders
	Cricket U11	14:15-15:15	Practice for Cricket team	All Rounders
	Cricket U13 Match/practice Day	14:00-18:00	Matches at various locations or practice at HBIS	Mr Jones
	Swimming (SP) - PYP 3+4	14:00-14:45	Swimming training. Own transport to pool (May leave school at 13:55)	Ms Swart
	Swimming (SP) - PYP 5+6 + MYP1	14:45-15:30	Swimming training. Own transport to pool	Ms Lydell
	Tennis PYP 3&4	14:15-15:15	Non-competitive school tennis	Chris De Koker
	Art Club PYP 3&4	14:15-15:15	Extention of school art	Ms Budricks
	STEAM'D Club PYP 5&6	14:15-15:15	Science, Technology, Engineering, the Arts and Mathematics	Ms Henry
	Learn to Surf with CTSA	15:30-17:00	Surf club in Hout Bay or Llandudno	CTSA
High Performance Athletics coaching	16:00-17:00	Athletics training	Sakeena Williams	
FRI	Tennis Coaching (45min, Max 6)	14:30-1515	Small group tennis coaching	Chris De Koker
	HBIS Football Stars	14:15-15:15	Off season football training	HBIS Coaches
	Basketball	14:15-15:15	Basketball training	Mr Meere