



**HOUT BAY
INTERNATIONAL SCHOOL**
SOUTH AFRICA

Extra-Curricular Term 3

High School

Monday, 25 July - Friday, 16 September 2022

	CLUB NAME	TIME	DETAILS	HOST
MON	HS Girls Football	15:00-16:00	Girls Football practice/matches	HBIS coach and Ms van Dyk
	U13 GIRLS Netball	14:00-15:00	Practice for girls netball teams	Ms Stimie & Ms Gultig
	Library Assitance	15:00-16:00	Library service	Ms Smit
	Science Expo Club	15:00-16:00	Science Expo	Mr Scott
	Chess Club	15:00-16:00	Chess Club with coaching	Piotr Lipinski
TUES	Boys Football (U15)	15:00-16:00	Practice/matches for U15 Football teams	HBIS coach & Ms Jenkin
	Boys Football (U17 - 19)	15:00-16:00	Practice/matches for U17/U19 Football teams	HBIS coach & Ms Hendricks
	Girls Netball (U15)	15:00-16:00	Practice/matches for High School netball players	Ms Laas & Ms Kranhold
	Girls Netball (U17 - 19)	15:00-16:00	Practice/matches for High School netball players	Ms Aukamp & Ms Kranhold
	U13 Girls Football	14:00-15:00	Practice for U13 football GIRLS	HBIS coach & Ms Ward
	Debating / Public Speaking	15:00-16:00	Assitance and motivation for debators	Mrs Kruger & Mr Bold
	Crafts	15:00-16:00	Arts and Crafts	Mr Gray
High Performance Athletics coaching	15:00-16:00	Athletics coaching	Sakeena Williams	
WED	HS Girls Football	15:00-16:00	Girls Football practice/matches	HBIS coach and Ms van Dyk
	U13 Boys Football Practice	14:00-15:00	Practice for U13 boys football team	HBIS coach
	U13 GIRLS Netball MATCH DAY	14:00-16:00	Various locations as per league schedule	Ms Stimie & Ms Gultig
	Power Club (MYP1+2)	14:00-15:00	Cross Fit inspired Fitness class	Mrs Brown
	Power Club (MYP3-DP2)	15:00-16:00	Cross Fit inspired Fitness class	Mrs Brown
	Outdoor Ed	15:00-16:00	Various outdoor activities	Mr Behne & Ms Jenkin
Yoga	15:00-16:00	Yoga class done on campus	Yoga Instructors	
THURS	Boys Football (U15)	15:00-16:00	Practice/matches for U15 Football teams	HBIS coach & Ms Jenkin
	Boys Football (U17 - 19)	15:00-16:00	Practice/matches for U17/U19 Football teams	HBIS coach &
	Girls Netball (U15)	15:00-16:00	Practice/matches for High School netball players	HBIS coach & Ms Kranhold
	Girls Netball (U17 - 19)	15:00-16:00	Practice/matches for High School netball players	Ms Aukamp
	U13 Boys Football Matches	14:00-16:30	Various locations as per league schedule	HBIS coach & Ms Kyddell
	Science Expo Club	15:00-16:00	Science Expo	Mr Scott
FRI	U13 Girls Football Matches	14:00-16:30	Various locations as per league schedule	HBIS coach & Ms Ward
	Surfing Competions	14:00-17:30	Competition at Muizenberg	Mr
	Cross Country EVENTS DAY (U13 - U14)	14:00-17:00	Various locations as per league schedule (Own Transport)	Mr Jones