



HOUT BAY
INTERNATIONAL SCHOOL
SOUTH AFRICA

Extra-Curricular Term 4

High School

Monday, 16 October - Friday, 01 December 2023

	EXTRA-CURRICULAR	TIME	DETAILS	HOST
MON	Tennis - Social group	15:00-16:00	Non-competitive school tennis	Chris De Koker & Ms Laas
	Basketball training - MYP 1 + 2	14:00-15:00	School team training	Ms Meere
	Basketball training - MYP 3 - DP1	15:00-16:00	School team training	Ms Aucamp
	Library Assistance	15:00-16:00	Assistance in the school library	Ms Smit
	Chess Club	15:00-16:00	Basics chess techniques	Piotr Lipinski
TUES	Tennis - Team Players	15:00-16:00	Competitive tennis with match play	Mr Scott & Mr Stilwell
	Cricket U13	14:00-15:00	Practice day for Cricket team	Mr Jones
	Swimming Level 3	15:00-15:30	Development of 4 strokes	Ms Budricks & Mr Linde
	Swimming Squad	15:30-16:30	All 4 strokes, working in a group under pressure for minimum	Ms Posthumus & Ms Lee
	Debating / Public Speaking & M.U.N	15:00-16:00	Assistance and motivation for debaters	Ms Ramsbottom & Mr Bold
	Crafts	15:00-16:00	Arts and Crafts	Mr Gray
WED	Tennis - Social group	15:00-16:00	Non-competitive school tennis	Chris De Koker & Ms Laas
	Power Club	15:00-16:00	Cross Fit inspired Fitness class	Ms Vink
	Volleyball	15:00-16:00	School team training	Mr Magongo
	Outdoor Ed	15:00-18:00	Various outdoor activities	Mr Behne & Ms Jenkin
	Yoga	15:00-16:00	Yoga class done on campus	Yoga Instructors
	High Performance Athletics coaching	15:15-16:15	Athletics training	Sakeena Williams
THUR	Tennis - Team Players	15:00-16:00	Competitive tennis with match play	Mr Scott & Mr Stilwell
	Cricket U13	14:00-15:00	Practice for Cricket team	Mr Jones
	Swimming Level 3	14:50-15:30	Development of 4 strokes	Ms Budricks & Mr Linde
	Swimming Squad	15:30-16:30	All 4 strokes, working in a group under pressure for minimum	Ms Posthumus & Ms Lee
	Handball (MYP 1 + 2)	14:00-15:00	Rules and skills training	Ms Hendricks
	Handball (MYP 3 - DP1)	15:00-16:00	Rules and skills training	Ms Hendricks
	Guild of gamers	15:00-16:00	Various card and board games.	Ms Kranhold
FRI	HBIS Football Stars	15:00-16:00	Off season football training	HBIS Coaches
	Basketball training - MYP 1 + 2	14:00-15:00	School team training	Ms Meere
	Basketball training - MYP 3 - DP1	15:00-16:00	School team training	Ms Aucamp