



Extra-Curricular Term 4

Senior Primary

Monday, 16 October - Friday, 01 December 2023

	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 U13	14:00-15:00	Practice for Cricket team	All Rounders
	Athletics - school training	14:00-15:00	School team athletics training	Ms Hendricks & Ms Cranswick
	Basketball - PYP 3-6 + MYP 1	14:00-15:00	Basketball training	Mrs Meere
	Tennis PYP 5&6 + MYP 1	14:00-15:00	Non-competitive school tennis	Chris De Koker
	Chess	14:00-15:00	Chess club at school	Mr Lipinski
	Dance Madness	14:30-15:30	Off Campus dance class	Dance Madness
	Swimming Level 1	15:30-16:00	Beginner - stroke development	Ms Budricks & Mr Linde
	Cooking Club	15:30-17:30	Off Campus	Althea Naude
TUES	Cricket U10	14:00-15:00	Practice for Cricket team	All Rounders
	Cricket U13	14:00-15:01	Practice for Cricket team	All Rounders
	Tennis PYP 3&4	14:00-15:00	Non-competitive school tennis	Chris De Koker
	Choir	14:00-15:00	Primary School Singing Club	Ms Van der Burgh
	Swimming Level 2	14:30-15:00	Stroke development	Ms Budricks & Mr Linde
	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 of 1.5 km in 1 hour	Mrs Posthumus
	Clay Creations	14:15-15:00	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
WED	Tennis PYP 5&6	14:00-15:00	Non-competitive school tennis	Chris De Koker & Ms Salvage
	STEAM'D Club PYP 3&4	14:00-15:00	Science, Technology, Engineering, the Arts and Mathematics	Ms Sehested-Larson
	Art club PYP 5&6	14:00-15:00	Extension of school art	Ms Lydell
	Athletics - school training	14:00-15:00	School team athletics training	Ms Hendricks & Ms Cranswick
	Yoga	14:00-15:00	Yoga class done on campus	Child's Play Yoga
	Swimming Level 1	15:30-16:00	Beginner - stroke development	Ms Budricks & Ms Moreels
	High Performance Athletics coaching	15:15-16:15	Athletics training	Sakeena Williams
THURS	Cricket U10	14:00-15:00	Practice for Cricket team	All Rounders
	Cricket U13	14:00-15:00	Practice for Cricket team	All Rounders
	Swimming Level 2	14:15-14:50	Stroke development	Ms Budricks & Mr Linde
	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 of 1.5 km in 1 hour	Mrs Posthumus & Ms Lee
	Tennis PYP 3&4	14:00-15:00	Non-competitive school tennis	Chris De Koker
	Art Club PYP 3&4	14:00-15:00	Extension of school art	Ms Moereels
	STEAM'D Club PYP 5&6	14:00-15:00	Science, Technology, Engineering, the Arts and Mathematics	Ms Henry
	Crochet club with Ms Baxter	14:00-15:00	Creating textiles by using a crochet hook and yarn	Ms Baxter
	Learn to Surf with CTSA	15:30-17:00	Surf club in Hout Bay or Llandudno	CTSA
FRI	Tennis Coaching (45min, Max 6)	14:00-14:45	Small group tennis coaching	Chris De Koker
	HBIS Football Stars	14:00-15:00	Off season football training	HBIS Coaches
	Basketball - PYP 3-6 + MYP 1	14:00-15:00	Basketball training	Mrs Meere
	Swimming Gala	13:30-16:30	Galas held bi-weekly	Ms Budricks & Mr Linde