



# Extra-Curricular Term 4

## High School

Monday 07 October - Friday 29 November 2024

	EXTRA-CURRICULAR	TIME	DETAILS	HOST	PRICE
<b>MON</b>	Tennis - Social group	15:00-16:00	Non-competitive school tennis	Chris De Koker & Ms Senekal	N/A
	Basketball training - MYP 1 + 2	14:00-15:00	School team training	Ms Meere	N/A
	Basketball training - MYP 3 - DP1	15:00-16:00	School team training	Ms de Martini	N/A
	Library Assistance	15:00-16:00	Assistance in the school library	Library	N/A
	Chess Club	15:00-16:00	Basics chess techniques	Piotr Lipinski	R625
<b>TUES</b>	Tennis - Team Players	15:00-16:00	Competitive tennis with match play	Mr Bold & Mr Scott	N/A
	Cricket U13	14:00-15:00	Practice day for Cricket team	All Rounders + HBIS staff	N/A
	Swimming Level 3	15:00-15:45	Development of 4 strokes	Ms Everard & Ms Cudlipp	N/A
	Swimming Squad	15:45-16:45	All 4 strokes, working in a group, 1.5 km in 1 hour	Ms Scholtz & Ms Cranswick	N/A
	Debating / Public Speaking & M.U.N	15:00-16:00	Assistance and motivation for debators	Ms Ramsbottom & Ms Stewart	N/A
Crafts	15:00-16:00	Arts and Crafts	Mr Gray	R250	
<b>WED</b>	Tennis - Social group	15:00-16:00	Non-competitive school tennis	Chris De Koker & Ms Senekal	N/A
	Power Club	15:00-16:00	Cross Fit inspired Fitness class - The Arena, 217 Main Road	CrossFit Hout Bay	R1190
	Volleyball	15:00-16:00	Non-competitive school volleyball	Ms Mocke	N/A
	Touch Rugby	15:00-16:00	Non-competitive school touch rugby	Mr Lourens	N/A
	Mountain Biking	15:00-18:00	Cycle outdoor activity	Mr Behne	N/A
Yoga	15:00-16:00	Yoga class done on campus	Yoga Instructors	R1375	
<b>THUR</b>	Tennis - Team Players	15:00-16:00	Competitive tennis with match play	Mr Bold & Mr Scott	N/A
	Cricket U13 (Match day)	14:00-15:00	Match / Practice for Cricket team	All Rounders + HBIS staff	N/A
	Swimming Level 3	15:00-15:45	Development of 4 strokes	Ms Everard & Ms Cudlipp	N/A
	Swimming Squad	15:45-16:45	All 4 strokes, working in a group, 1.5 km in 1 hour	Ms Scholtz & Ms Cranswick	N/A
	Guild of gamers	15:00-16:00	Various card and board games.	Ms Kranhold	N/A
<b>FRI</b>	HBIS Football Stars	15:00-16:00	Off season football training	HBIS Coaches	R690
	Basketball training - MYP 1 + 2	14:00-15:00	School team training	Ms Meere	N/A
	Basketball training - MYP 3 - DP1	15:00-16:00	School team training	Ms de Martini	N/A