

High School

Chess Club - Monday

Tactical and competitive playing techniques presented by chess master Piotr Lipinski.

Computer Club - Wednesday

Club hosted by HBIS Director of Technology, Helen Davies. This term students will be doing some basic web design through HTML and CSS coding.

Creative Writing - Tuesday

Extension for keen writers and poets with English teacher, Mrs Field, assisting young writers.

Dance Club - Wednesday

Fun and creative dance class with different styles of dance from hip-hop to Latin dances. Presented by Ms Kyriacou.

Eco Club -Thursday

A club dedicated to the environment. Together with Thrive, they work on awareness and aid the school in its recycling plan and work in the school vegetable garden.

Heather Roth Music - Thursdays

Offering private tuition in Flute, Saxophone, Clarinet, Recorder and Piano, as well as group Recorder. Lessons take place during school hours.

Mountain Bike Training Rides - Wednesday

Weekly training rides in the Table Mountain National Park area with Mr Behne. Transport occasionally needed to and from cycling venues. Own mountain bike and safety equipment required, as well as a Cap Nature Activity Card.

Cultural Miscellaneous Club – Wednesdays

Ms Balikaran will be running this club which will include debate, public speaking, acting and more.

Power Club - Monday

Cross-Fit inspired fitness club with group session and fitness challenges. Presented by Mr Grant.

Squad Swimming - Tuesday and Thursday

All Swimming is run by Splash Swim School at Dominican Grimley School. Parents collect from Dominican Grimley School

Tennis - Various Days

Group tennis sessions taken by Chris De Koker assisted by a staff member. Basic stroke development and game play during *Social Tennis* (Monday & Wednesday). Competitive play for potential team players also available on Tuesdays and Thursdays

Yoga - Thursday

Yoga lessons at school presented by Jeanne Welsh