

EXTRA CURRICULAR



TERM 1 OF 2019

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Athletics u.7 & u.8	13:15 – 14:00	13:15 – 14:00		SEE SCHEDULE ON WEB	
Athletics u.9 – u.13	14:00 – 16:00	14:00 – 16:00			
Swimming Gr 1 & 2	13:30 – 14:15	13:30 – 14:15	13:30 – 14:15	13:30 – 14:15	
Swimming Gr 3-7	14:00 – 15:00	14:00 – 15:00	14:00 – 15:00	14:00 – 15:00	
Tennis Gr 1	13:30 – 14:00 (Development groups)				
Tennis Gr 2 -3	14:00 -15:00 (Development groups)				
Tennis Gr 4-7	15:00 – 16:00 (Development groups)				
Tennis u.11					14:00 – 15:00 (Team)
Tennis u.13					15:00 – 16:00 (Team)
Squash Gr 1					13:15 – 14:00
Squash Gr 2–3					14:00 – 15:00
Squash Gr 4 – 5					15:00 – 16:00
Squash Gr 6 – 7					16:00 – 17:00
Squash Elitegroups					06:00-07:30
Rugby u.7 & u.8	# 13:20 – 14:15		13:20 – 14:15 17:00-18:00		
Rugby u.9 & u.10	14:00 – 15:30	14:00 – 15:30		14:00 – 15:30	
Rugby First XV & u.13 B	15:30 – 17:00 (Bondev)	15:30-17:00 (Bondev)		15:30 – 17:00 (Bondev)	
Rugby u.11	15:30 – 17:00	15:30 – 17:00		15:30 – 17:00	

Netball	u.7	# 13:30 – 14:15			13:30 – 14:15	
Netball	u.8	# 13:30 – 14:30	13:30 – 14:30		13:30 – 14:30	
Netball	u.9	# 14:00 -15:30	14:00 -15:30		14:00 -15:30	
Netball	u.10	14:00 – 15:30	15:30- 17:00		15:30-17:00	
Netball	u.11	14:00 -15:30	14:00 -15:30		14:00 -15:30	
Netball	u.12	14:00 – 15:30	15:30- 17:00		15:30-17:00	
Netball	u.13	14:00 -15:30	14:00 -15:30		14:00 -15:30	
GOLF (Start Thursday 7 February)					14:00 – 15:45	
Chess Grade 1&2 (Group 1) Start 29 January 2019			13:15 -14:00			
Chess Grade 1& 2 (Group 2) Start 29 January 2019			14:00 -14:45			
Chess Grade 3-5 Start 29 January 2019			14:45 – 15:45			
Chess Grade 6-7 Start 29 January 2019			14:45 – 15:45			
Judo Gr 1-2			13:30- 14:15			
Judo Gr 3-7			14:15-15:00			
Junior Revue				14:00 – 15:30		
Junior Choir (Gr 1-3)				14:00 – 15:30		
Senior Choir (Gr 4-7)			16:30- 18:30			
Percussion Snr					13:45 – 15:00	
String Orchestra	07:30 – 09:00					
(YADAH)					07:00-07:45	
Senior Revue				15:30 – 18:00		
Grace Ensemble					18:00- 19:00	
Jnr Choral Verse				15:30- 16:00		
Snr Choral Verse				15:00 – 15:30		

Rugby practices start on 19 February 2019

Netball Trials u.12 & u.13 on 12 February 2019

Netball practices u.10 – u.13 start on 21 February 2019

Bulletjie Rugby and Mini – Netball practices start 25 February 2019

Hector Swiegelaar

Deputy Head: Extra Curricular

hectors@midstreamcollege.co.za