

1st TERM SPORTS PROGRAMME 2023

All SPORT starts as per this time table on Monday 23 January

MONDAY	SWIMMING LTS: 15h30-16h30 SOCIAL SWIM: 15h15-16h30 WATER POLO U19A: 06h15-07h15 @RGHS U16A&U19A 16:00 - 18:00 @Groote Schuur High	TENNIS PRACTICE 15h15-16h45 Teams - D, E, F	RUNNING CLUB 15h15-16h15 INDOOR HOCKEY 15h15-16h15 (3rd Squad) 15h15-16h15 (2nd Squad) 16h30-17h30 (1st Squad)
TUESDAY	TEAM SWIMMING (Gr 8) 15h15-16h30 WATER POLO (U16s) 06h15-07h15(RGHS) WATER POLO U19A Night Series @Reddam U14A&U16A: 16:00-18:00 @Groote Schuur High	TENNIS TEAM MATCHES D, E & F 15h15-17h30 TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00	ON-THE-MOVE 15h15-16h00 FOOTBALL 15h30-16h30
WEDNESDAY	TEAM SWIMMING (Gr 9-12) 06h50-07h50 SWIMMING SOCIAL SWIM: 15h15-16h30 SOCIAL WATER POLO 16h30-17h30 (RGHS) WATER POLO TEAM (Strength & Conditioning) U16A: 15:15 - 16:15 U19A: 16:30 - 17:30	GRADE 8 TENNIS (Selected players) 06h50-07h50 SOCIAL TENNIS 15h15-16h00 16h15-17h00 SOCIAL TOUCH RUGBY 15h15-16h15	RUNNING CLUB 15h15-16h15 INDOOR HOCKEY 06h45-07h50 (U14 SQUAD) HOCKEY FIVES (Internal League) 15h15-16h15 INDOOR HOCKEY (Matches) 15h30-21h00
THURSDAY	SWIMMING LTS: 15h30-16h30 SOCIAL SWIM: 15h15-16h30 GALAS: 15h30-17h30 WATER POLO (U19B & U14s) 06h15-07h15 @ RGHS WATER POLO U14A&U19A: 16:00-18:00 @Groote Schuur High	TENNIS PRACTICE 15h15-16h30 Teams - A, B, C TOUCH RUGBY 3 rd team 15h30-17h00 4 th team 15h30-17h00	ON-THE-MOVE 15h15-16h00 FOOTBALL 15h30-16h30 INDOOR HOCKEY 16h00-17h00 (FIRST SQUAD) 16h00-17h00 (SECOND SQUAD) 17h00-18h00 (THIRD SQUAD)
FRIDAY	WATER POLO U19A: 06h15-07h15 @RGHS WATER POLO MATCHES U19A,U16A, U14A 15h00-18h30 LTS: 13h30-14h30	TENNIS TEAM MATCHES A, B, C, teams	TOUCH RUGBY MATCHES 14h30-18h00 tbc