

## 4th TERM EXAMINATION SPORTS PROGRAMME 2024

SPORT starts as per this time table on Monday 4 November to Thursday 28 November. All Grade 8s and Gr 9s are expected to attend at least one session per week throughout the examination period.

	AQUATICS	LAND SPORT
MONDAY	<b>SWIMMING</b> SOCIAL SWIMMING: 13h15-14h15	<b>INDOOR HOCKEY (All Squads)</b> 13h15-14h15 <b>SOCIAL FOOTBALL</b> 13h15-14h15 <b>RUNNING CLUB</b> 13h15-14h00
TUESDAY	<b>WATER POLO</b> U16 & U19 16:00-17:00 Groote Schuur	<b>ON-THE-MOVE</b> 13h15-14h00 <b>TEAM TENNIS (All Players)</b> 13h15-14h15 <b>TEAM TOUCH RUGBY (All Players)</b> 13h15-14h15
WEDNESDAY	<b>SWIMMING</b> SOCIAL SWIMMING: 13h15-14h15	<b>RUNNING CLUB</b> 13h15-14h00 <b>SOCIAL TENNIS</b> 13:15-14:15 <b>FOOTBALL</b> Social Football 13h15-14h15 <b>SOCIAL TOUCH RUGBY</b> 13h15-14h15
THURSDAY	<b>SWIMMING</b> LTS: 13h15-14h15  <b>WATER POLO</b> U16 & U19 16:00-17:00 Groote Schuur	<b>INDOOR HOCKEY (All Squads)</b> 13h15-14h15  <b>ON-THE-MOVE</b> 13h15-14h00
FRIDAY		<b>HP HOCKEY</b> 13h15-15h15

LTS = learn-to-swim

### NOTES:

- All Grade 8s and 9s are expected to attend a minimum of one sport session per week. Should your name not appear on a register then you will be called to do **work squad** at the end of the exam period.
- If your session has been removed, you are welcome to join any other session eg: swimming only being offered on Mondays and Wednesdays, you can join one of these or join an On the Move session. Whatever suits you.
- No Team swimming through exams, so you may join any social session offered.
- If you (Gr 8/9) participate in an HP session, this will count as your compulsory sport.