

1st TERM SPORTS PROGRAMME 2025

All SPORT starts as per this time table on Monday 20 January 2025

[This is a provisional timetable and subject to change – for information purposes only]

MONDAY	SWIMMING SOCIAL SWIM: 15h15-16h30 WATER POLO U16A & U19A 16:30-18:00 Groote Schuur	TENNIS PRACTICE 4 th - 6 th Team 15h15-16h30	RUNNING CLUB 15h15-16h15 SOCIAL FOOTBALL (GRADE 8s) 15h30-16h30 INDOOR HOCKEY 15h15-16h15 (U14 SQUAD). 15h15-16h15 (FIRST SQUAD) 16h15-17h30 (SECOND SQUAD) 16h15-17h30 (THIRD SQUAD)
TUESDAY	TEAM SWIMMING (Gr 8-12) 15h15-16h30 WATER POLO U19A Night Series U14A & U16A: 16:30-18:00 Groote Schuur	TENNIS TEAM MATCHES 1 st , 3 rd , 4 th and 5 th Team 15h15-18h00 TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00	ON-THE-MOVE 15h30-16h15 SELF DEFENCE (Grade 8 & 9) 15h30-16h15 INDOOR HOCKEY 17h20-18h20 (1 st Squad) (Wynberg Military Base)
WEDNESDAY	SWIMMING SOCIAL SWIM: 15h15-16h30	SOCIAL TENNIS 15h10-15h50 (Grade 10-12) 15h50-16h30 (Grade 8 & 9) SOCIAL TOUCH RUGBY 15h15-16h15 (Grade 9-12) TENNIS TEAM MATCHES 6th Team 15H15-18H00	RUNNING CLUB 15h15-16h15 SOCIAL FOOTBALL 15h30-16h30 INDOOR HOCKEY (Matches) 15h30-21h00
THURSDAY	SWIMMING LTS: 15h15-15h50; 15h50-16h15 Swimming Galas: 15h30-17h30 WATER POLO U14A & U19A: 16:30-18:00 Groote Schuur	TENNIS PRACTICE 13h45-14h45 (Grade 8 team) 1 st - 3 rd Team 15h15-16h30 TOUCH RUGBY 13:45-14:45 (Grade 8) 3 rd team 15h30-17h00 4 th team 15h30-17h00	ON-THE-MOVE 15h30-16h15 SELF DEFENCE (Grade 10-12) 15h30-16h15 YOGA 15h30-16h15 INDOOR HOCKEY 13h30-14h45 (U14 SQUAD) 16h00-17h00 (2 nd SQUAD) 16h00-17h00 (3 rd SQUAD)
FRIDAY	WATER POLO MATCHES U19A, U16A, U14A 15h00-18h30 SWIMMING LTS: Grade 8	TENNIS TEAM MATCHES 2 nd Team 13h30-18h00	TOUCH RUGBY MATCHES 14h30-18h00

	13h30-14h15		
--	-------------	--	--

2025 Grade 8 Trial Dates:

Grade 8 Indoor Hockey Trials: 15 January (15h30-17h30)

Grade 8 Tennis Trials: 16 January (15h30-17h30)

Grade 8 Swimming Trials: 20 January (15h30-16h30)

No Grade 8 TEAM Touch Rugby (Only Social Touch Rugby)