## 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	TENNIS PRACTICE	RUNNING CLUB
	SOCIAL SWIM:	4 <sup>th</sup> - 6 <sup>th</sup> Team	15h15-16h15
	15h15-16h30	15h15-16h30	
			SOCIAL FOOTBALL (GRADE 8s
	WATER POLO		15h30-16h30
	U16A & U19A		
	16:30-18:00 Groote Schuur		INDOOR HOCKEY
			15h15-16h15 (U14 SQUAD).
			15h15-16h15 (FIRST SQUAD)
			16h15-17h30 (SECOND SQUAD)
			16h15-17h30 (THIRD SQUAD)
TUESDAY	TEAM SWIMMING (Gr 8-12)	TENNIS TEAM MATCHES	ON-THE-MOVE
	15h15-16h30	1 <sup>st</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> Team	15h30-16h15
		15h15-18h00	SELF DEFENCE (Grade 8 & 9)
			15h30-16h15
	WATER POLO	TOUCH RUGBY	INDOOR HOCKEY
	U19A Night Series	1 <sup>st</sup> team 15h30-17h00	17h20-18h20 (1 <sup>st</sup> Squad)
	U14A & U16A:	2 <sup>nd</sup> team 15h30-17h00	(Wynberg Military Base)
	16:30-18:00 Groote Schuur		
WEDNESDAY	SWIMMING	SOCIAL TENNIS	RUNNING CLUB
	SOCIAL SWIM:	15h10-15h50 (Grade 10-12)	15h15-16h15
	15h15-16h30	15h50-16h30 (Grade 8 & 9)	
			SOCIAL FOOTBALL
		SOCIAL TOUCH RUGBY	15h30-16h30
		15h15-16h15 (Grade 9-12)	
			INDOOR HOCKEY (Matches)
		TENNIS TEAM MATCHES	15h30-21h00
		6th Team	
		15H15-18H00	
THURSDAY	SWIMMING	TENNIS PRACTICE	ON-THE-MOVE
	LTS:	13h45-14h45 (Grade 8	15h30-16h15
	15h15-15h50;	team)	SELF DEFENCE (Grade 10-12)
	15h50-16h15	1 <sup>st</sup> - 3 <sup>rd</sup> Team 15h15-16h30	15h30-16h15
	Suring main a Calago	TOUGH BUGBY	YOGA
	Swimming Galas:	TOUCH RUGBY	15h30-16h15
	15h30-17h30	13:45-14:45 <b>(Grade 8)</b> 3 <sup>rd</sup> team 15h30-17h00	INDOOR HOCKEY
	WATER POLO	4 <sup>th</sup> team 15h30-17h00	INDOOR HOCKEY 13h30-14h45 (U14 SQUAD)
	U14A & U19A: 16:30-18:00 Groote	4 (Eaill 131130-171100	16h00-17h00 (2 <sup>nd</sup> SQUAD)
	Schuur		16h00-17h00 (2 SQUAD)
	Schaal		151100 171100 (5 30000)
FRIDAY	WATER POLO MATCHES	TENNIS TEAM MATCHES	TOUCH RUGBY MATCHES
	U19A, U16A, U14A	2 <sup>nd</sup> Team	14h30-18h00
	15h00-18h30	13h30-18h00	
	SWIMMING		
	LTS: Grade 8		

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)