

1st TERM SPORTS PROGRAMME 2022 FINAL

All SPORT starts as per this time table on Monday 24 January

MONDAY	SWIMMING LTS: 15h15-15h50; 16h50-16h15 SOCIAL SWIM: 15h15-16h15 WATER POLO TEAM 18h00-19h00 @ Reddam (All Grades/ age-groups)	TENNIS PRACTICE 15h15-16h30 Teams - E, F, G & Gr 8 Team SOCIAL TOUCH RUGBY 15h15-16h15	RUNNING CLUB 15h15-16h15 INDOOR HOCKEY 15h15-16h15 3rd & U14 16h30-17h30 1st & 2nd 17h30-18h30 4th & 5th
TUESDAY	WATER POLO (All) 06h15-07h15 TEAM SWIMMING (Gr 8) 15h15-16h15 WATER POLO TEAM 18h00-19h00 @ Reddam	TENNIS TEAM MATCHES E, F, G & Gr 8 Team - 15h15-17h30	ON-THE-MOVE 15h15-16h00 FOOTBALL 15h30-16h30
WEDNESDAY	TEAM SWIMMING (Gr 9-12) 06h50-07h50 SWIMMING SOCIAL SWIM: 15h15-16h15 SOCIAL WATER POLO 16h15-17h15 @ RGHS WATER POLO TEAM 18h00-19h00 @ Reddam	GRADE 8 TENNIS (Selected players) 06h50-07h50 GRADE 8 INDOOR HOCKEY 06h50-07h50 SOCIAL TENNIS 15h15-16h00 16h05-16h50 TOUCH RUGBY 3 rd team 15h30-17h00 4 th team 15h30-17h00	RUNNING CLUB 15h15-16h15 HOCKEY (Internal League) 15h15-16h15 16h15-17h15 INDOOR HOCKEY (Matches) 15h30-21h00
THURSDAY	SWIMMING Galas: 15h15-17h15 LTS: 15h15-15h50; 16h50-16h15 SOCIAL SWIM 15h15-16h15	TENNIS PRACTICE 15h15-16h30 Teams - A, B, C, D TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00	ON-THE-MOVE 15h15-16h00 FOOTBALL 15h30-16h30 INDOOR HOCKEY 16h00-17h00 4th & 5th 17h00-18h00 1st & 2nd 18h00-19h00 3rd & U14
FRIDAY	WATER POLO MATCHES 15h00-18h30 GR 8 LEARN TO SWIM 13h30-15h00	TENNIS TEAM MATCHES A, B, C, D teams	TOUCH RUGBY MATCHES 14h30-18h00