

4th TERM EXAMINATION SPORTS PROGRAMME 2022

SPORT starts as per this time table on Monday 07 November to Thursday 1 December.
All Grade 8s and Gr 9s are expected to attend at least one session per week throughout the examination period.

	AQUATICS	LAND SPORT	STRENGTH & CONDITIONING
MONDAY	SWIMMING LTS: 13h00-14h00 SOCIAL SWIM: 13h00-14h00	INDOOR HOCKEY 13h00-14h00	
TUESDAY		ON-THE-MOVE 12h45-13h30	WATERPOLO (Strength & Conditioning) U16A 13h15-14h00 U19A 14h15-15h00
WEDNESDAY	SOCIAL WATER POLO 13h15-14h15 @ RGHS WATER POLO 14h30-16h30 U19s	SOCIAL TENNIS 13h00-14h00 SOCIAL & TEAM TOUCH RUGBY 13h00-14h00	
THURSDAY	SWIMMING LTS: 13h00-14h00 SOCIAL SWIM: 13h00-14h00 WATER POLO 17h30 - (U16A & U19A) @ Pinelands HS	ON-THE-MOVE 12h45-13h30 FOOTBALL 13h00-14h00	TOUCH RUGBY (Strength & Conditioning) 13h15-14h15
FRIDAY			

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.
- Run Club members are invited to join the On-the-Move group and run laps on the RGHS trail route.
- If your session has been removed, you are welcome to join any other session eg: swimming only being offered on Mondays and Thursdays, 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 session - maybe even try out Football, whatever suits you.
- If you (Gr 8/9) participate in an HP session, this will count as your compulsory sport.