

4th TERM SPORTS PROGRAMME 2026

All SPORT starts as per this time table on Tuesday 6 October 2026

MONDAY	SWIMMING SOCIAL SWIM: 15h15-16h15 WATERPOLO U19A: 16h30 - 18h00 @Newlands Swimming pool	TENNIS PRACTICE 15h30-16h45 Team- 4,5,6 TENNIS MATCHES 1 st team 15h15-17h30	RUNNING CLUB 15h15-16h15 SOCIAL FOOTBALL 15h30-16h30 INDOOR HOCKEY 15h30-16h30 (THIRD & FOURTH SQUAD) 16h30-17h30 (FIRST & SECOND SQUAD)
TUESDAY	TEAM SWIMMING 15h15-16h30 WATERPOLO U16A: 16h30-18h00 @Newlands Swimming pool	TENNIS TEAM MATCHES 2 nd , 3 rd , 4 th , 5 th , 6 th 15h15-17h30 TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00 3 rd team 15h30-17h00 4 th team 15h30-17h00	ON-THE-MOVE 15h15-16h00
WEDNESDAY	SWIMMING SOCIAL SWIM: 15h15-16h15 WATERPOLO U16A: 17h30-19h00 @Newlands Swimming pool	SOCIAL TENNIS 15h15-16h00 16h10-16h55 (<i>This session still to be decided</i>) SOCIAL TOUCH RUGBY 15h15-16h15	RUNNING CLUB 15h15-16h15 SOCIAL FOOTBALL 15h30-16h30 INDOOR HOCKEY 15h30-16h30 (FIRST & SECOND SQUAD) 16h30-17h30 (THIRD & FOURTH SQUAD)
THURSDAY	SWIMMING Galas: 15h15-17h00 LTS: 15h15-15h50; 15h50-16h15 WATERPOLO U19A: 16h30-18h00 @Newlands Swimming pool	TENNIS PRACTICE 15h15-16h30 Teams- 1 st , 2 nd , 3 rd TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00 3 rd team 15h30-17h00 4 th team 15h30-17h00	ON-THE-MOVE 15h15-16h00
FRIDAY	WATER POLO MATCHES 15h00-18h00		TOUCH RUGBY MATCHES (TBC)

LTS = learn-to-swim