

4th TERM SPORTS PROGRAMME 2023

All SPORT starts as per this time table on Monday 16 October 2023

MONDAY	SWIMMING LTS: 15h15-15h50; 15h50-16h15 SOCIAL SWIM: 15h15-16h45 WATER POLO U19A: 06h15-07h15 @RGHS U16A&U19A 16:00 - 18:00 @Groote Schuur High	TENNIS PRACTICE 15h30-16h45 Team- 4,5,6	RUNNING CLUB 15h15-16h15 INDOOR HOCKEY 15h30-16h30 (FIRST SQUAD) 16h30-17h30 (THIRD SQUAD) 16h30-17h30 (SECOND SQUAD)
TUESDAY	TEAM SWIMMING (Gr 8 - 11) 15h15-16h30 WATER POLO U16:06h15-07h15@RGHS U14A&U16A: 16:00-18:00 @Groote Schuur High	TENNIS TEAM MATCHES 4 th , 5 th , 6 th - 15h15-17h30 TOUCH RUGBY 1 st team 15h30-17h00 2 nd team 15h30-17h00	ON-THE-MOVE 15h15-16h00 SOCIAL FOOTBALL 15h30-16h30
WEDNESDAY	SWIMMING SOCIAL SWIM: 15h15-16h15 SOCIAL WATER POLO 16h30-17h30 (RGHS) WATER POLO TEAM (Strength & Conditioning) U16A: 15:15 - 16:15 U19A: 16:30 - 17:30	SOCIAL TENNIS 15h15-16h00 16h10-16h55 (<i>This session still to be decided</i>) SOCIAL TOUCH RUGBY 15h15-16h15	RUNNING CLUB 15h15-16h15 HOCKEY FIVES (Internal League) 15h15-16h15
THURSDAY	SWIMMING Galas: 15h15-17h00 tbc LTS: 15h15-15h50; 15h50-16h15 SOCIAL SWIM 15h15-16h45 WATER POLO U14: 06h15-07h15 @RGHS U14A&U19A: 16:00-18:00 @Groote Schuur High	TENNIS PRACTICE 15h15-16h30 Teams- 1 st ,2 nd ,3 rd TOUCH RUGBY 3 rd team 15h30-17h00 4 th team 15h30-17h00 1 st Team – Strength & Conditioning 15h15-16h15	ON-THE-MOVE 15h15-16h00 SOCIAL FOOTBALL 15h30-16h30 INDOOR HOCKEY 15h30-16h30 (SECOND SQUAD) 16h30-17h30 (FIRST SQUAD) 16h30-17h30 (THIRD SQUAD)
FRIDAY	LEARN-TO-SWIM 13h30-14h30 WATER POLO MATCHES 15h00-18h00	TENNIS TEAM MATCHES 1 st ,2 nd and 3 rd teams	

LTS = learn-to-swim