

## Third Term Sports Programme 2010

### Monday:

3.00-4.30pm	Canoeing	Mr Willows
3.00-4.00pm	Body Conditioning/Zumba (extra cost)	Mrs Croeser
	Beginner Indoor Hockey Skills	Miss Bestall Miss Burt
	Fitness is Fun	Mrs Jenkins
	Senior Tennis Squads	Mrs Ford
	Internal Squash League	Mrs White
4.00-5.00pm	Indoor Hockey Squads	Miss Bestall Miss Burt
	Junior Tennis Squads	Mrs Ford
	Top Squash Squad	Mrs White
	Athletics	Mrs Jenkins
	Gymnastics	Mr Wallace
5.00-6.00pm	Top Squash Squads	Mrs White

### Tuesday:

3.00-5.00pm	U15 and U17 Tennis League	Mrs Ford Mrs Spencer
	Canoeing	Mr Willows
3.00-4.00pm	U14 Basketball	Miss Bestall Mrs Waygood
	U15 Basketball	Mr Biyam
	High Performance	Mrs Koen
	Squash Coaching	Mrs White
	Social Running	Mrs Jenkins
4.00-5.00pm	Soccer –Senior practice	Mr Bisset
	Athletics (track events)	Mrs Jenkins
	Athletics (field events)	Miss Bestall
	U16 Basketball	Mr Wiblin
	2 <sup>nd</sup> team basketball	Mr Chidzawo/Mr Nel
	Squash Coaching	Mrs White
4.00-5.30pm	Soccer – Junior practice	Mr Bissett
5.30pm	1 <sup>st</sup> team basketball	Mr Chidzawo/Mr Nel
	Ladies A League Squash	Mrs White

### Wednesday:

3.00-5.00pm	Basketball League	All coaches
3.00-4.00pm	Cardio-workout Gr10,11,12 (extra cost)	Mrs Mornet
	Junior Tennis Squad	Mrs Ford
	Soccer matches	Mr Willows Mr Bisset
4.00-5.00pm	Junior Squash Squad	Mrs White
	Senior Tennis squad	Mrs Ford
	Soccer matches	Mr Willows Mr Bisset
	Gymnastics	Mr Wallace
5.30pm	Ladies C squash league	Mrs White

### Thursday:

3.00-4.00pm	Tennis League	Mrs Ford Mrs Spencer
	U14 Basketball	Miss Bestall Mrs Waygood
	U15 Basketball	Mr Biyam
	Top Squash Squad	Mrs White
	High Performance	Mrs Koen
	Fitness is Fun	Mrs Jenkins
4.00-5.00pm	Soccer Senior team practice	Mr Willows
	Soccer Junior team practice	Mr Bisset
	Top Squash Squad	Mrs White
	Social tennis	Mr Willows
	Athletics (track events)	Mrs Jenkins
	Athletics (field events)	Miss Bestall
	Under 16 Basketball	Mr Wiblin
5.30pm	1 <sup>st</sup> and 2 <sup>nd</sup> team Basketball	Mr Chidzawo/Mr Nel
5.30pm	Ladies B league Squash	Mrs White
	Duzi Dice	Mr Willows

### Friday:

3.00-4.00pm	Social hockey league on astro	All coaches
3.00-4.30pm	Squash squads	Mrs White
2.00-4.00pm	Mountain Biking	Mr Willows Miss Bell