

SUMMER SPORTS TIMETABLE TERM 1 2017

TIME SLOTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:00-07:00		<u>TEAM TENNIS</u> 1st & 2nd team Sunel Malan 06:00-07:30 <u>WATER POLO</u> 1st 06:00-07:00 PRG Old pool U16a 06:00-07:00 PRG Old pool		<u>WATER POLO</u> 1st 06:00-07:00 PRG Old pool U16a 06:00-07:00 PRG Old pool	
14:30-15:30	<u>SOCIAL TENNIS</u> 14:30-15:30 Jade Hart & Matt Tipped <u>ATHLETICS</u> 14:30-15:30 See Mr Vander Hoven's notice board	<u>TEAM SWIMMING</u> No training this term due to no pool availability <u>SOCIAL SWIMMING</u> No training this term due to no pool availability	<u>TEAM TENNIS</u> 14:30-15:45 3 rd team, u15a, u15b Rennie Rose-Innes <u>ATHLETICS</u> 14:30-15:30 See Mr Vander Hoven's notice board	<u>TEAM SWIMMING</u> (Gala 's every Thursday) <u>TEAM TENNIS</u> 14:30-15:45 3 rd team, u15a, u15b Rennie Rose-Innes <u>SOCIAL SWIMMING</u> No training this term due to no pool availability <u>ATHLETICS</u> 14:30-16:00 See Mr Vander Hoven's notice board	Tennis and Water polo matches
15:30-16:30	<u>WATER POLO</u> 1st Team 16:30-18:00 Gemma Haywood @ PRG old pool U16A 16:30-18:00 Luke Schooling @ PRG old pool <u>ATHLETICS</u> 15:30-17:00 See Mr Vander Hoven's notice board	<u>ATHLETICS</u> 16:00-17:00 See Mr Vander Hoven's notice board <u>HOCKEY AND NETBALL</u> <u>Senior Squads 17:15-18:15</u> (Astro and netball courts) Starting Tuesday 6 th Feb 2017	<u>WATER POLO</u> 1st Team 16:30-18:00 Gemma Haywood @ PRG old pool U16A 16:30-18:00 Luke Schooling @ PRG old pool <u>SOCIAL TENNIS</u> 15:30-16:30 Jade Hart & Matt Tipped <u>ATHLETICS</u> 15:30-17:00 See Mr Vander Hoven's notice board	<u>TENNIS</u> 1 st & 2 nd team Sunel Malan 16:30-17:00 Footwork <u>ATHLETICS</u> 15:30-17:00 See Mr Vander Hoven's notice board	
18:00-19:00	<u>SYNCRO</u> No training this term due to no pool availability		<u>SYNCRO</u> No training this term due to no pool availability		

NB Water polo days and times for the 2nd, u16b, u14a and u14b teams will change at the end of January due to the limited pool availability at Maties pool. Please check the communicator and the water polo notice boards for the regular updates on the venue and times. Please be patient in Feb and March with all the changes.

Water polo training program till 30th January

Water polo 2nd & u16B teams

Monday 16th Jan 15:00-16:00 Maties outdoor pool
 Wednesday 18th Jan 15:00-16:00 Maties outdoor pool
 Monday 23rd Jan 15:00-16:00 Maties outdoor pool
 Wednesday 25th Jan 15:00-16:00 Maties outdoor pool
 Monday 30th Jan 15:00-16:00 Maties outdoor pool

Water polo U14a & u14 b teams

Monday 16th Jan 16:00-17:00 Maties outdoor pool
 Wednesday 18th Jan 16:00 -17:00 Maties outdoor pool
 Monday 23rd Jan 16:00-17:00 Maties outdoor pool
 Wednesday 25th Jan 16:00-17:00 Maties outdoor pool
 Monday 30th Jan 16:00-17:00 Maties outdoor pool