

## TWC SENIOR SCHOOL SPORTS TIMETABLE TERM 4 2015

*It is compulsory to do at least one sport per term for Grades 8 - 11*

SPORT	VENUE	TIMES	MON	TUES	WED	THURS
<b>CORE &amp; FITNESS</b>	<i>Top Field LHC</i>	15:00 – 16:00	All Ages		Zumba	
	<i>Sport Science Gym</i>	15:00 – 16:00			Gym Instruction	
		16:00 – 17:00			Gym Instruction	
<b>CANOEING</b>	<i>Drift</i>	15:00 – 17:00		All Ages		All Ages
<b>INDOOR HOCKEY</b>	<i>LHC</i>	15:00 - 16:00	Junior A, B	Senior A, B		Matches: Thursday Friday Saturday
		16:00 – 17:00	Junior C	Senior C		
<b>KARATE</b>	<i>Atrium</i>	15:00 – 16:00		All Ages		All Ages
<b>SQUASH</b>	<i>Squash Courts</i>	15:00 – 16:00		All Ages	All Ages	
<b>TENNIS</b>	<i>Tennis Courts</i>	15:00 – 16:00	All Ages		All Ages	
		16:00 - 17:00	Team		Team	
<b>SWIMMING</b>	<i>Pool</i>	15:00 – 16:00	Juniors	Seniors		All Ages
<b>WATER POLO</b>	<i>Pool</i>	15:00 – 16:00			Matches	
		16:00 – 17:00	Juniors	Seniors		All Ages (Optional)

Examination Sports Programme (optional) - 3 Nov to 19 Nov - to be confirmed