

TWC SENIOR SPORTS TIMETABLE TERM 4: 2017

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

SPORT	VENUE	TIMES	MON	TUES	WED	THURS	FRI
CANOEING	<i>Drift</i>	15:00 – 17:00	All Ages	All Ages	-	All Ages	-
INDOOR HOCKEY	<i>LHC</i>	15:00 - 16:00	Junior A&B	Senior A & B	Junior A	Matches	Matches
		16:00 – 17:00	Junior C	Senior C	Senior A	Thursday Friday Saturday	Thursday Friday Saturday
KARATE	<i>Atrium</i>	15:00 – 16:00	-	All Ages	-	All Ages	-
SQUASH	<i>Squash Courts</i>	15:00 – 16:00	JUNIOR SCHOOL MATCHES	All Ages	-	JUNIOR SCHOOL TRAINING	-
		16:00 – 17:00		All Ages	-	Team Training	
TENNIS	<i>Tennis Courts</i>	15:00 – 16:00	All Ages	-	Team Training	-	-
		16:00 - 17:00	Team Training		All Ages		
SWIMMING	<i>Pool</i>	15:00 – 16:00	Team Training	-	-	Team Training	-
		16:00 – 17:00	All Ages			-	
WATER POLO	<i>Pool</i>	15:00 – 16:00	-	Juniors	Matches	-	-
		16:00 – 17:00	-	Seniors		All Ages	
ACTION NETBALL	<i>Court 7</i>	15:00 – 16:00	-	-	-	-	Matches
		16:00 – 17:00	U14	U15	-	U16 & Open	
Core & Fitness can only be selected as a second option. You have to do at least one day of another sport.							
CORE & FITNESS		15:00 – 16:00	-	-	Pilates <i>(cost involved)</i>	Zumba (No Cost) Kettlebells <i>(cost involved)</i>	-