

TWC SENIOR SCHOOL SPORTS TIMETABLE

TERM 4: 2018

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	Senior A	Junior	Matches	Matches
		16:00 – 17:00	Junior B & C	Senior B	Senior	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	Team Training	JUNIOR SCHOOL TRAINING	JUNIOR SCHOOL TRAINING	
		16:00 – 17:00		Team Training	Intermediate Training	Beginner Training	
TENNIS	<i>Tennis Courts</i>	15:00 – 16:00	Social		Team Training		
		16:00 - 17:00	Team Training		Social		
SWIMMING	<i>Pool</i>	15:00 – 16:00		Social			
		16:00 – 17:00	Team Training			Team Training	
WATER POLO	<i>Pool</i>	15:00 – 16:00	Juniors		Matches	Seniors	
		16:00 – 17:00				Seniors	
ACTION NETBALL	<i>Court 5, 6 & 7</i>	15:00 – 16:00		U15	Defenders	TWC Fast 5 Tournament	Matches Friday & Saturdays TBC
		16:00 – 17:00	U14	U16 & Open	Shooters		
CORE & FITNESS	<i>Sports Science / Theatre</i>	15:00 – 16:00			Pilates <i>(cost involved)</i>	Zumba (No Cost)	
		16:00 – 17:00				Kettlebells <i>(cost involved)</i>	