

**TWC SENIOR SPORTS TIMETABLE
TERM 1: 2019**

It is compulsory to do at least one sport per term

SPORT	VENUE	TIMES	MON	TUES	WED	THURS	FRI	SAT
CANOEING	Drift	15:00 - 17:00	All Ages	All Ages		All Ages		Races
						Dice (Optional) 17:30 – 19:00		
KARATE	Atrium	15:00 – 16:00		All Ages		All Ages		
SOCCER	Top Field	15:00 – 16:00			Seniors			
		16:00 – 17:00			Juniors			
TOUCH RUGBY	Top Field	15:00 – 16:00		All Ages				
SWIMMING <small>Team Swimmers must attend a minimum of 3 training sessions</small>	Swimming Pool	05:30 – 06:30		Squad Training		Squad Training		
		15:00 – 16:00	Squad Training	Squad Training	Galas	Social Swimming		
		16:00 – 17:00		Social Swimming		Squad Training		
SQUASH	Squash Courts	15:00 – 16:00	Team Training	Beginners		Team Training		
		16:00 – 17:00		Intermediate				
TENNIS	Tennis Courts	15:00 - 16:00	JUNIOR SCHOOL MATCHES	Teams 1-4 League Matches	Teams 5-7 Training	Teams 5 - 7 League Matches		
		16:00 - 17:00	Social Tennis		Teams 1 – 4 Training (till 17:30)			
CORE & FITNESS	Sports Science	15:00 – 16:00			Pilates (cost involved)			
	Sports Science	15:00 – 16:00				Kettlebells (cost involved)		
	LHC	15:00 – 16:00			Zumba			

Netball, Action Netball, Hockey & Mountain Biking can only be selected as a second option.

HOCKEY/ NETBALL TOUR TEAMS	Astro/LHC	16:00 – 17:00		Tour Netball		Tour Hockey		
HOCKEY ACADEMY	Astro	15:00 – 17:00		U14 Preseason Training 16:00 – 17:00		GK/Striker Sessions 15:00 – 16:00		
ACTION NETBALL	Action Arena	14:30 – 17:30					League Matches	
NETBALL ACADEMY	LHC/ Court 7	16:00 – 17:00	U14 & U15 Preseason Training			Tour Netball Speed & Agility 17:00 – 17:45		
MOUNTAIN BIKING	ER/ Cascades	15:00 – 17:00			All Ages			