

**SUMMER EXTRA MURAL PROGRAM 2025 – TERM 1****MONDAY**

<b>SPORT/ACTIVITY</b>	<b>TIME</b>	<b>TEAM</b>	<b>VENUE</b>	<b>COACH/TEACHER</b>
Senior Cricket	15:30-17:00	1 <sup>st</sup> and 2 <sup>nd</sup> team	PUTTICK	E. GOUWS S. KOEBERG
Junior Cricket	15:45-17:00	U/13 A & U/13 B	MINNAAR	M. NJOLOZA D. KINGWILL
Junior Cricket	15:45-17:00	U/11 A & U/11 B	AKH NETS	L. ROGERS A. SMIT
Senior athletics - Track	16:15-17:00	BOYS AND GIRLS	GRASS FIELD	H. SPARRIUS H. KEYSER
Senior athletics High Jump and long jump	15:30-16:30	BOYS AND GIRLS	GRASS FIELD	A. EKKERD S. BOSCH
Junior Swimming	15:15-16:00	A & B GROUP	SWIMMING POOL	N. DAVENPORT
Junior Swimming	16:00-16:30	C GROUP	SWIMMING POOL	N. DAVENPORT J.P. KRUGER
Senior Tennis	14:00-15:00	TOP 6 BOYS AND GIRLS	AKH	BORNTOPPLAY
Senior Tennis	14:30-15:30	7-12 BOYS AND GIRLS	BREMNER	TBC
Junior Tennis	16:00-16:45	3 <sup>RD</sup> (GR 6 GROUP)	ST JAMES	K. NELL
Senior Tennis	14:30-15:30	3 <sup>RD</sup> & 4 <sup>TH</sup> BOYS	ST JAMES	N. MARTIN
Poetry	14:30 – 15:30	JUNIORS	STREET CLASSROOM	J. STREET
Junior Marimbas	14:00-15:00	JUNIORS	MUSIC ROOM	S. BRINK
Art Club	14:30-15:30	JUNIOR/SENIORS	LANGMEAD CLASSROOM	B. LANGMEAD
SCA	18:00-19:00	SENIORS (GR 10,11 & 12)	JANTJIES CLASSROOM	E. JANTJIES
Hockey pre-season	16:00-17:30	SENIOR SQUAD	ASTRO	C. BECK
Rugby pre-season	17:00-18:00	SENIOR SQUAD	GYM	A. HUMAN S. VAN ZYL

**TUESDAY**

<b>SPORT/ACTIVITY</b>	<b>TIME</b>	<b>TEAM</b>	<b>VENUE</b>	<b>COACH/TEACHER</b>
Senior Cricket	15:30-17:00	1 <sup>st</sup> and 2 <sup>nd</sup>	PUTTICK	E. GOUWS S. KOEBERG
Senior Cricket	15:30-17:00	U/15	MINNAAR	J. VERS
Junior Tennis	14:15-15:15	JNR 2 <sup>ND</sup> 12 BOYS & GIRLS	BREMNER	J. MATTHEWS
Junior Tennis	14:30-15:15	JNR 3 <sup>RD</sup> (GR 7 GROUP)	ST JAMES	J. NEL
Junior Tennis	14:00-15:00	TOP 6 BOYS AND GIRLS	ARTHUR KINGWILL	Y. CLOETE BORNTOPPLAY
Senior Tennis	16:15-17:00	3 <sup>RD</sup> AND 4 <sup>TH</sup> GIRLS	BREMNER	T. CHUTU
Senior Swimming	15:15-16:15	SENIOR A AND B GROUP	POOL	N. DAVENPORT J. HEUNIS-JONES
Squad swimming (additional training when possible to attend)	16:15-17:15	JNR AND SENIOR GALA SWIMMERS	POOL	N. DAVENPORT
Junior athletics - Track	15:15-16:00	JUNIOR BOYS AND GIRLS	GRASS FIELD	L. GERBER
Senior and Junior athletics – discus, shot put & javelin	15:15-16:00	SNR AND JNR BOYS AND GIRLS	GRASS FIELD	A. SMIT
Junior athletics High jump & long jump	15:00-16:00	JUNIOR BOYS AND GIRLS	GRASS FIELD	A. EKKERD; S. BOSCH
Junior Chess	16:15-17:15	JUNIORS	ROSE-INNES CLASSROOM	H. ROSE-INNES
Robotics	15:00-16:00		CAT-LAB	W. MBANGA
Hockey pre-season	15:00-16:00	JUNIOR SQUAD	ASTRO	I. BOTHA
Hockey pre-season	16:00-17:30	SENIOR SQUAD	ASTRO	C. BECK C. PRINGLE

**WEDNESDAY**

<b>SPORT/ACTIVITY</b>	<b>TIME</b>	<b>TEAM</b>	<b>VENUE</b>	<b>COACH/TEACHER</b>
Junior Cricket	15:45-17:00	U/13 A & U/13 B	MINNAAR	M. NJOLOZA D. KINGWILL
Junior Cricket	15:45-17:00	U/11 A & U/11 B	AKH NETS	L. ROGERS A. SMIT
Senior Tennis	14:30-15:30	SNR TOP 12 BOYS & GIRLS	BREMNER	D. BOTES
Senior Tennis	14:30-15:30	SNR 2 <sup>ND</sup> 12 BOYS & GIRLS	AKH	TBC
Senior Tennis	14:30 -15:30	3 <sup>RD</sup> & 4 <sup>TH</sup> BOYS	ST JAMES	N. MARTIN
Junior Tennis	16:00-16:45	JNR 3 <sup>RD</sup> (GR 6 GROUP)	ST JAMES	K. NELL
Junior Swimming	15:15-16:00	A & B GROUP	POOL	N. DAVENPORT
Junior Swimming	16:00-16:30	D GROUP	POOL	N. DAVENPORT J.P. KRUGER
Senior Athletics - Track	16:15-17:00	BOYS AND GIRLS	GRASS FIELD	H. SPARRIUS H. KEYSER
Senior & Junior Athletics – shot put, discus, javelin	16:15-17:00	SNR AND JNR BOYS AND GIRLS	GRASS FIELD	S. KOEBERG
Junior Choir	14:00-15:00	JUNIORS	MUSIC ROOM	S. BRINK
Art Club	14:30-15:30	JUNIOR/SENIORS	LANGMEAD CLASSROOM	B. LANGMEAD
Chess	15:30-16:30	SENIORS	ROSE-INNES CLASSROOM	H. ROSE-INNES
SCA				
Eco Club	16:00-17:00	PRIMARY DEPARTMENT	STREET CLASSROOM	J. STREET J. NEL
Hockey pre-season	16:00-17:30	SENIOR SQUAD	ASTRO	C. BECK
Rugby pre-season	17:00-18:00	SENIOR SQUAD	GYM	A. HUMAN S. VAN ZYL

**THURSDAY**

<b>SPORT/ACTIVITY</b>	<b>TIME</b>	<b>TEAM</b>	<b>VENUE</b>	<b>COACH/TEACHER</b>
Senior Cricket	15:30-17:00	1 <sup>st</sup> & 2 <sup>nd</sup>	PUTTICK	E. GOUWS S. KOEBERG
Senior Cricket	15:30-17:00	U/15	MINNAAR	J. VERS
Junior Cricket	15:30-17:00	U/13A & U/13B	MINNAAR	M. NJOLOZA D. KINGWILL
Junior Tennis	14:15-15:15	JNR 2 <sup>ND</sup> 12 BOYS & GIRLS	BREMNER	J. MATTHEWS
Junior Tennis	14:30-15:15	JNR 3 <sup>RD</sup> (GR 5 GROUP)	ST JAMES	J. NEL
Senior Tennis	16:15-17:00	3 & 4 <sup>TH</sup> GIRLS	BREMNER	T. CHUTU
Junior Tennis	14:00-15:00	TOP 6 BOYS AND GIRLS	ARTHUR KINGWILL	Y. CLOETE BORNTOPPLAY
Junior Athletics - Track	15:15-16:00	JUNIOR BOYS & GIRLS	GRASS FIELD	L. GERBER
Senior Swimming	15:15-16:15	A & B GROUP	POOL	N. DAVENPORT J. HEUNIS-JONES
Squad swimming (additional training when possible to attend)	16:15-17:15	JNR AND SENIOR GALA SWIMMERS	POOL	N. DAVENPORT
Senior Choir	14:15-15:15	SENIORS	MUSIC ROOM	Z. OOSTHUIZEN
SNR Marimbas	15:15-15:45	GROUP 1	MUSIC ROOM	Z.OOSTHUIZEN
SNR Marimbas	15:45-16:15	GROUP 2	MUSIC ROOM	Z. OOSTHUIZEN
SNR Marimbas	16:15-16:45	GROUP 3	MUSIC ROOM	Z. OOSTHUIZEN
Hockey pre-season	16:00-17:30	SENIOR SQUAD	ASTRO	C. BECK C. PRINGLE