

# SUMMER SPORTS PROGRAMME 2023



AFTER SCHOOL						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Third Line	GAA	Cricket Tennis Leagues	<b>12.30pm</b> Tennis Coaching <b>1.00pm</b> Cricket <b>2.00pm</b> GAA <b>3.00pm</b> Athletics	Basketball Cricket	Tennis Leagues Athletics	<b>1.00pm</b> Cricket <b>2.00pm</b> GAA <b>3.00pm</b> Athletics
Lower Line	Athletics Tennis Leagues Cricket	GAA	<b>1.15pm</b> Tennis Coaching <b>2.00pm</b> Cricket <b>3.00pm</b> GAA <b>3.00pm</b> Athletics	Tennis Leagues	Basketball	<b>2.00pm</b> Cricket <b>3.00pm</b> GAA <b>3.00pm</b> Athletics
Higher Line	GAA	Cricket	<b>2.00pm</b> GAA <b>2.15pm</b> Tennis Coaching <b>3.00pm</b> Athletics <b>3.15pm</b> Cricket		Athletics GAA	<b>3.00pm</b> Athletics <b>3.15pm</b> Cricket

NIGHT RECREATION							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Third Line		<b>8.00pm</b> Tennis Leagues Cricket Coaching	<b>8.00pm</b> Soccer Leagues		<b>8.00pm</b> Soccer Leagues		
Lower Line	<b>9.00pm</b> Syntax Gym and Sports	<b>8.00pm</b> Soccer Leagues <b>9.00pm</b> Syntax Gym and Sports	<b>9.00pm</b> Syntax Gym and Sports	<b>8.00pm</b> Soccer Leagues <b>9.00pm</b> Syntax Gym and Sports	<b>8.00pm</b> Tennis Leagues <b>9.00pm</b> Syntax Gym and Sports		<b>6.00 - 7.30pm</b> Syntax Gym and Sports
Higher Line	<b>8.00pm</b> Tennis Leagues Higher Line Gym	<b>8.00pm</b> Higher Line Gym	<b>8.00pm</b> Higher Line Gym	<b>8.00pm</b> Higher Line Gym Tennis Leagues Cricket Coaching		<b>8.00pm</b> Higher Line Gym	<b>3.00 - 5.00pm</b> Higher Line Gym

ATHLETIC DEVELOPMENT				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>6.30am</b> Senior Rugby	<b>6.45am</b> Grammar <b>8.00 - 10.00pm</b> HL and Syntax	<b>6.30am</b> Senior Rugby <b>4.00pm</b> Rudiments <b>8.00 - 10.00pm</b> HL and Syntax	<b>6.45am</b> Grammar <b>4.00pm</b> Elements	<b>2.00 - 4.00pm</b> Senior Rugby

## PRACTICE TIMES AFTER SCHOOL

	Third Line	Lower Line	Higher Line
Finish no later than	<b>4.45pm</b>	<b>5.00pm</b>	<b>5.10pm</b>

## PRACTICE TIMES NIGHT RECREATION

	Third Line	Lower Line	Higher Line
Finish no later than	<b>9.15pm</b>	<b>8.50pm</b>	<b>8.50pm</b>

SWIMMING
<b>COMPETITIVE SWIM COACHING</b>
Tuesday and Thursday <b>7.45pm - 9.00pm</b>
<b>RECREATIONAL SWIMS</b>
Monday to Saturday <b>8.00pm - 9.00pm</b> Sundays <b>3.00pm</b>

GOLF
<b>TUITION WITH GOLF ACADEMY IRELAND AT CARTON HOUSE</b>
Saturday, April 22nd Wednesday April 26th Saturday, May 6th Saturday, May 13th Saturday, May 20th Wednesday, May 24th <i>Boys may play golf every day after class, Saturday and Wednesday afternoons, evenings from 8.00pm to 9.15pm and Sundays after lunch.</i>

THIRD LINE KAYAKING
<b>CERTIFIED KAYAKING COURSE ON THE RIVER LIFFEY AT PALMERSTOWN</b>
Saturday, 22nd April Saturday, 29th April Saturday, 6th May Saturday, 13th May Saturday, 20th May