

# WINTER SPORTS PROGRAMME 2024/2025



FULL SCHOOL DAYS			
	MORNING - 6.45AM	AFTER SCHOOL - 3.45PM	NIGHT RECREATION 8PM - 10PM
Monday	SP2 Gym	<ul style="list-style-type: none"> <li>• Rugby for all panels</li> </ul>	<ul style="list-style-type: none"> <li>• JP1 Gym</li> <li>• HL Gym</li> <li>• Golf pro coaching</li> <li>• Syntax Gym and Sports</li> </ul>
Tuesday	SP1 Gym	<ul style="list-style-type: none"> <li>• Rugby for Cup Panels</li> <li>• Senior Soccer</li> <li>• Cross Country</li> </ul>	<ul style="list-style-type: none"> <li>• Competitive Swimming</li> <li>• Golf pro coaching</li> <li>• HL Gym with ADC Coach</li> <li>• Syntax Gym with ADC Coach</li> </ul>
Thursday	SP1 Gym	<ul style="list-style-type: none"> <li>• Cross Country</li> <li>• JP1 Gym</li> <li>• Senior Soccer</li> <li>• Senior Basketball</li> <li>• Elements Basketball (to begin after Christmas)</li> </ul>	<ul style="list-style-type: none"> <li>• Competitive Swimming</li> <li>• Golf Simulator (book with Prefect)</li> <li>• HL Gym with ADC Coach</li> <li>• Syntax Gym with ADC Coach</li> </ul>
Friday	JP1 Gym	<ul style="list-style-type: none"> <li>• Rugby for all panels</li> <li>• SP2 Gym</li> </ul>	<ul style="list-style-type: none"> <li>• HL Gym</li> <li>• Syntax Gym and Sports</li> <li>• Golf pro coaching</li> </ul>

HALF DAYS			
		AFTERNOON GAMES 2PM - 3.30PM	NIGHT RECREATION 8PM - 10PM
Wednesday	<b>6.30am</b> • Competitive Swimming <b>6.45am</b> • SP1 Gym	<ul style="list-style-type: none"> <li>• Rugby for all panels</li> <li>• Multi Sports Games Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Golf Simulator (book with Prefect)</li> </ul>
Saturday	<b>7.00am</b> • Competitive Swimming	<ul style="list-style-type: none"> <li>• Rugby for all panels</li> <li>• Multi Sports Games Programme</li> <li>• Senior Soccer</li> </ul>	<ul style="list-style-type: none"> <li>• Golf Simulator (book with Prefect)</li> </ul>