

# WINTER SPORTS PROGRAMME 2025/2026



FULL SCHOOL DAYS			
	MORNING - 6.45AM	AFTER SCHOOL - 3.45PM	NIGHT RECREATION 8PM - 10PM
Monday	SP1 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> <li>• Tennis</li> </ul>
Tuesday	SP2 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> <li>• Tennis</li> </ul>
Thursday	SP1 Gym	<ul style="list-style-type: none"> <li>• Cross Country</li> <li>• Senior Soccer</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> <li>• Tennis</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> <li>• Tennis</li> </ul>

HALF DAYS			
		AFTERNOON GAMES 2PM - 3.30PM	NIGHT RECREATION 8PM - 10PM
Wednesday	6.45am • 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> <li>• Senior Basketball</li> <li>• Elements and Rudiments Basketball to begin after Christmas</li> <li>• Tennis</li> </ul>
Saturday	7.00am • 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> <li>• Tennis</li> </ul>