

# SUMMER SPORTS PROGRAMME 2025



## AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Third Line	GAA Basketball	Cricket Tennis Leagues	<b>12.30pm</b> Tennis Coaching <b>1.00pm</b> Cricket <b>2.30pm</b> GAA <b>3.00pm</b> Athletics	Cricket	Athletics Pickle Ball	<b>1.00pm</b> Cricket <b>1.30pm</b> Tennis League <b>1.30pm</b> Basketball <b>2.00pm</b> GAA <b>3.00pm</b> Athletics <b>4.00pm</b> Pickle Ball Open Session
Lower Line	Athletics Cricket Basketball	GAA Pickle Ball	<b>1.15pm</b> Tennis Coaching <b>1.30pm</b> GAA <b>2.00pm</b> Cricket <b>3.00pm</b> Athletics	Tennis Leagues Basketball	Tennis Leagues	<b>1.30pm</b> Tennis League <b>1.30pm</b> GAA <b>2.00pm</b> Cricket <b>3.00pm</b> Athletics <b>3.00pm</b> Basketball <b>4.00pm</b> Pickle Ball Open Session
Higher Line	GAA Tennis Leagues	Athletics	<b>1.30pm</b> GAA <b>2.15pm</b> Tennis Coaching <b>3.00pm</b> Athletics <b>3.15pm</b> Cricket		GAA	<b>1.30pm</b> Tennis League <b>3.00pm</b> Athletics <b>3.15pm</b> Cricket <b>4.00pm</b> Pickle Ball Open Session

## 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 & Sports	<b>8.00pm</b> Soccer Leagues <b>9.00pm</b> Syntax Gym & Sports	<b>9.00pm</b> Syntax Gym and Sports	<b>8.00pm</b> Soccer Leagues <b>9.00pm</b> Syntax Gym & Sports	<b>8.00pm</b> Tennis Leagues <b>9.00pm</b> Syntax Gym & Sports		<b>6.00 - 7.30pm</b> Syntax Gym & Sports
Higher Line	<b>8.00pm</b> Tennis Leagues	<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>8.00pm</b> Higher Line Gym	<b>3.00 - 5.00pm</b> Higher Line Gym

## ATHLETIC DEVELOPMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>6.45am</b> Senior Rugby <b>8pm</b> Elements	<b>6.45am</b> Rudiments <b>8.00 - 10.00pm</b> Syntax & HL GYM	<b>6.45am</b> Senior Rugby <b>4.00pm</b> Grammar <b>8.00 - 10.00pm</b> Syntax & HL GYM	<b>6.45am</b> Rudiments <b>4.00pm</b> Elements <b>8.00 - 10.00pm</b> Syntax & HL GYM	<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

### COMPETITIVE SWIMMING TRAINING

Wednesday **6.30am**  
Tuesday and Thursday **7.45pm - 9.00pm**

### RECREATIONAL SWIMS

Monday to Saturday **8.00pm - 9.00pm**  
Sundays **3.00pm**

## GOLF

### TUITION WITH GOLF ACADEMY IRELAND AT CARTON HOUSE

Wednesday, 2nd April **2.00pm**  
Wednesday, 9th April **2.00pm**  
Wednesday, 30th April **2.00pm**  
Wednesday, 7th May **2.00pm**  
Wednesday, 21st May **2.00pm**

*Boys may play golf every day after class, Saturday and Wednesday afternoons, evenings from 8.00pm to 9.15pm and Sundays after lunch.*

### GOLF SIMULATOR

Wednesday, **8.00pm - 9.30pm** - Golf Pro coaching  
Friday, **8.00pm - 9.30pm** - Golf Pro coaching

*Boys can book golf simulator through their Prefect or Coach in Charge of Golf.*

## KAYAKING

### CERTIFIED KAYAKING COURSE ON THE RIVER LIFFEY AT PALMERSTOWN

Tuesday, 8th April **2.00pm**  
Tuesday, 29th April **2.00pm**  
Thursday, 8th May **2.00pm**  
Friday, 16th May **2.00pm**  
Tuesday, 20th May **2.00pm**

## SAILING

### IRISH NATIONAL SAILING & POWERBOATING SCHOOL (DUN LAOGHAIRE)

Saturday, 5th April **1.30pm**  
Wednesday, 7th May **1.30pm**  
Wednesday, 14th May **1.30pm**  
Saturday, 17th May **1.30pm**