ACTIVITY PROGRAMME FOR FORM 1

2013-14

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	FORM 1 SPORTS
GIRLS HOCKEY		Training (1st Year) 4pm-5pm (Astro)	MATCHES	Training (1st Year A) 4pm-5pm (Astro) 1st Year B & C 4pm-5pm (Grit)		MATCHES	LEAGUES FOR ALL TEAMS
BOYS HOCKEY		Training U13 A & B 4PM – 5.10PM (Astro) U13 C & D 4pm – 5pm (Grit)	MATCHES	Training U13 A & B 4PM – 5.10PM (Astro) U13 C & D 4pm – 5pm (Grit)			LEAGUES FOR ALL TEAMS
RUGBY	BOYS TRAINING 4PM – 5.30PM		MATCHES		BOYS TRAINING 4PM – 5.30PM	MATCHES	LEAGUE AFTER XMAS
BASKETBALL	GIRLS TRAINING 4PM-4.55PM		MATCHES				LEAGUE AFTER XMAS
BADMINTON		MIXED PRACTICE 4.55PM – 5.45PM	MIXED PRACTICE 1.45-2.45PM				
SWIMMING POOL	LANE SWIM + FREE SWIM 3.50-5.45PM	LANE SWIM + FREE SWIM 3.50-4.45PM		LANE SWIM + FREE SWIM 3.50-4.45PM	LANE SWIM + FREE SWIM 3.50-4.45PM	LANE SWIM + FREE SWIM 3.50-4.45PM	
CROSS – COUNTRY							EVENTS AFTER XMAS
FITNESS CENTRE	MIXED SESSIONS	MIXED SESSIONS	MIXED SESSIONS	MIXED SESSIONS	MIXED SESSIONS		