

EXTRA CURRICULAR TIMETABLE AUTUMN 2016/SPRING 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Early Morning	U16/U15 Netball Skills and Open Shooting - EB	Senior,U15 Lacrosse Stick work-AEP, LG U14 Lacrosse Stickwork-DO,RW U12 Netball Skills and Open Shooting LC		Senior, U15 Lacrosse Fitness - AEP,LG,DO,RW Netball Fitness and Skills - LC	Netball Shooting - MM,TW
1st Lunch	Fitness suite for 5th Form - GAP Senior Lacrosse - AEP,LG,DO,RW,GV U13 Netball C-H teams - LC,MM,HW, GAP U14 Netball A and B - TW, EB Gymnastics - Group Floor routines	Fitness suite for 5th Form - GAP U15 Lacrosse - AEP,LG,DO,RW,GV U12 Netball all teams - LC,TW,MM,EB Cross country/Biathlon Club - NM Tampolining Club - LP	House Activities NM,AEP,LC,TW,MM,EB,LG,RW,DO	Fitness suite for 5th Form-GAP U12 Lacrosse A and B - LG,DO U13 Lacrosse A ad B - RW U14 Lacrosse A and B - AEP 1st, U16A and U15A Netball-LC,EB,MM Badminton Club-BMS Gymnastics Floorwork and Vaulting-NM Recreational Swimming - GV,GAP	House Activities- AEP,LC,TW,MM,EB,LG,RW,DO
2nd Lunch	U13 Netball A and B - MM, LC U14 Netball C-F teams - TW, EB, HW, GAP	Tampolining Club - LP	House Activities NM,AEP,LC,TW,MM,EB,LG,RW,DO	U12 Lacrosse C and D - LG, DO U13 Lacrosse C and D - RW U14 Lacrosse C and D - AEP 2nd, 3rd, U16 B-D, U15 B-D - LC,TW,MM,EB	House Activities - AEP, LC, TW,MM,EB, LG, TW, DO
After School 4.25-5.25	Fitness suite for 5th Form - GAP Lacrosse Goalkeeping clinic - LG,RW Senior Netball - LC,TW U16 Netball - EB,MM, GAP Swim squad/club - NM, GV, DO	Fitness suite for 5th Form - GAP U13 Lacrosse - LG,RW U14 Lacrosse - AEP,DO U15 Netball - EB, MM, GAP Swim squad/club - GV, GAP Gymnastics Squad and Club-NM, TW, GAP	Fitness suite for 5th Form-GAP U12 Lacrosse all teams- AEP,LG,RW U13 Netball all teams- MM,LC,PB/HW,GAP U14 Netball all teams- TW,EB,DO,GAP	Fitness suite for 5th Form - GAP Senior Lacrosse (BEFORE HALF TERM - SEPT-OCT)-AEP,LG,DO,RW,GV U12 Netball all teams - LC,TW,MM,EB,GAP Gymnastics Squad and Club - NM, DO 6th form Football club (AFTER HALF TERM - OCT-DEC)-AEP,LG,RW New Boarders Swimming Club (AFTER HALF TERM - OCT-DEC)- GV,GAP	Fitness Suite - GAP Team Tennis winter coaching (selected only) - External Coaches Golf Lessons at Bramley Golf Club (Sep - Oct, Feb - Mar, April - July)