

# Junior School Extracurricular Overview

SPORT PROGRAMME:	SEASON 1 (JAN-MAR)		SEASON 2 (MAR-JUN)	SEASON 3 (JUN-SEP)	SEASON 4 (SEP-NOV)
	Sport has 4 seasons per year and girls will sign up for a different sport code a week before each season.	FP Swimming Squash Tennis	IP Swimming Volleyball Squash Tennis	Netball Soccer Squash Tennis	Athletics Hockey Squash Tennis
MUSIC PROGRAMME	<b>MUSIC ENSEMBLES, MARIMBAS AND CHOIRS (YEAR COMMITMENTS)</b> Participation in the choir, marimbas and ensemble programmes are year commitments. FP Choir / IP Choir / Marimbas / Ensembles				
	<b>INDIVIDUAL (PRIVATE)</b> <b>MUSIC ACTIVITIES (Individual Music Lessons / Music Theory)</b> Individual music lessons are arranged privately with the peripatetic staff at the Performing Arts Centre. Parents make contractual commitments with individual music teachers regarding payment and lesson attendance. From Grade 2, all girls who take individual music lessons must attend Music Theory lessons.				
PRIVATELY OFFERED ACTIVITIES (TERM/YEAR COMMITMENT)	These extramural activities are offered to the girls by private entities and are for the parents' personal cost.  Individual music lessons and music theory are coordinated by the Performing Arts Centre (PAC).  All other activities are managed independently from our school programme.		<b>Learn to Swim / Club swimming:</b> info@giantsaquatics.com 083 397 6366 <b>Playgolf:</b> info@playgolfkids.com 082 307 5050 <b>Drama:</b> littlecproductions@gmail.com 072 212 2252 <b>Rhythmic Gymnastics:</b> nervedosa@yahoo.com 083 647 9096 <b>Learn to Code:</b> info@pingtechacademy.co.za 081 042 8115 <b>Equestrian:</b> Please contact the Sport Office for contact details <b>Moneyd Kids by Financeium:</b> finkidz@financeium.com 074 113 3550		

*When she believes in herself...she will fly*

# Foundation Phase Extramural Programme Season 1 (Jan - Mar)

FOUNDATION PHASE: GRADE 1-3 All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13:30 - 17:00 Individual Music Lessons * <b>Compulsory sport takes priority</b>					
13:45 - 14:45 Swimming Gr 1 and Gr 2 & 3 Non-team	13:45 - 14:15 Music Theory * (Gr 2 & 3)	13:45 - 14:45 Swimming Gr 1 and Gr 2 & 3 Non-team	13:45 - 14:15 Music Theory * (Gr 2 & 3)	13:00 - 17:00 <b>GALAS</b>  (GRADE 2 AND GRADE 3 ONLY)	
13:45 - 14:30 Squash Gr 2 Tennis Gr 2 & 3	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>	13:45 - 14:30 Squash Gr 2 Tennis Gr 2 & 3	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>		
14:30 - 15:15 Squash Gr 3	13:45 - 14:30 Playgolf *	14:30 - 15:15 Squash Gr 3	Learn to Swim * 13:45 - 17:00 (Lessons with Giants Aquatics)		
14:45 - 15:45 Swimming Gr 2 & 3 A,B,C Teams	14:30 - 15:15 Rhythmic Gymnastics * Gr 1	14:45 - 15:45 Swimming Gr 2 & 3 A, B, C Teams	14:15 - 15:00 FP Choir  14:30 - 15:15 Playgolf *		
<b>15:00 - 15:30 PREP Gr 1, 2 &amp; 3</b>	14:30 - 15:15 Drama *	<b>15:00 - 15:30 PREP Gr 1, 2 &amp; 3</b>	15:00 - 16:00 Play Rehearsals Gr 1 & 2 <b>Dates to be confirmed</b>		
	14:30 - 15:15 Playgolf *		15:00 - 16:00 Eco Club - Grade 2 & 3		
	15:15 - 16:15 Learn to Code *		15:00 - 15:45 Junior String Ensemble Junior Wind Ensemble		
	15:30 - 16:15 Rhythmic Gymnastics * Gr 2 & 3		15:00 - 15:45 Rhythmic Gymnastics * Gr 1		
	15:30 - 16:15 Drama *		15:15 - 16:00 Playgolf *		
			15:45 - 16:30 Rhythmic Gymnastics * Gr 2 & 3		
17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence )					

# Foundation Phase Extramural Programme Season 2 (Mar - Jun)

FOUNDATION PHASE: GRADE 1-3 All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13:30 - 17:00 Individual Music Lessons * <b>Compulsory sport takes priority</b>					08:00 - 12:00
13:45 - 14:30 Netball / Soccer / Basketball Skills Gr 1	13:45 - 14:15 Music Theory * (Grade 2 & 3)	13:45 - 14:30 Netball / Soccer / Basketball Skills Gr 1	13:45 - 14:15 Music Theory * (Grade 2 & 3)		<b>NETBALL &amp; SOCCER MATCHES</b>
<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>		
14:30 - 15:30 Netball / Soccer Gr 2 & 3	13:45 - 14:30 Playgolf *	14:30 - 15:30 Netball / Soccer Gr 2 & 3	14:15 - 15:00 FP Choir	13:00 - 17:00	(GRADE 2 AND GRADE 3 ONLY)
<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Rhythmic Gymnastics * Gr 1	<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Playgolf *	<b>NETBALL &amp; SOCCER MATCHES</b>	
	14:30 - 15:15 Drama *	15:15 - 16:15 Learn to Code *	15:00 - 16:00 Play Rehearsals Gr 3 <b>Dates to be confirmed</b>	(GRADE 2 AND GRADE 3 ONLY)	
	14:30 - 15:15 Playgolf *		15:00 - 15:45 Junior String Ensemble Junior Wind Ensemble		
	15:15 - 16:15 Learn to Code *		15:00 - 15:45 Gr 1 Rhythmic Gymnastics *		
	15:30 - 16:15 Rhythmic Gymnastics * Gr 2 & 3	15:00 - 16:00 Play Rehearsals Gr 3 <b>Dates to be confirmed</b>	15:15 - 16:00 Playgolf *		
	15:30 - 16:15 Drama *		15:45 - 16:30 Rhythmic Gymnastics * Gr 2 & 3		
17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)					

# Foundation Phase Extramural Programme Season 3 (Jun - Aug)

FOUNDATION PHASE: GRADE 1-3 All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13:30 - 17:00 Individual Music Lessons * <b>Compulsory sport takes priority</b>					08:00 - 12:00
13:45 - 14:30 Hockey / Tennis / Squash Skills Gr 1	13:45 - 14:15 Music Theory * (Grade 2 & 3)	13:45 - 14:30 Hockey / Tennis / Squash Skills Gr 1	13:45 - 14:15 Music Theory * (Grade 2 & 3)		<b>HOCKEY MATCHES</b>
<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>		(GRADE 2 AND GRADE 3 ONLY)
14:30 - 15:30 Hockey / Athletics Gr 2 & 3	13:45 - 14:30 Playgolf *	14:30 - 15:30 Hockey / Athletics Gr 2 & 3	14:15 - 15:00 FP Choir	13:00 - 17:00	
<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Rhythmic Gymnastics * Gr 1	<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Playgolf *	<b>HOCKEY MATCHES</b>	
	14:30 - 15:15 Drama *		15:00 - 15:45 Junior String Ensemble Junior Wind Ensemble	(GRADE 2 AND GRADE 3 ONLY)	
	14:30 - 15:15 Playgolf *		15:00 - 16:00 Eco Club Grade 2 & 3		
	15:15 - 16:15 Learn to Code *		15:00 - 15:45 Rhythmic Gymnastics * Gr 1		
	15:30 - 16:15 Rhythmic Gymnastics * Gr 2 & 3		15:15 - 16:00 Playgolf *		
	15:30 - 16:15 Drama *		15:45 - 16:30 Rhythmic Gymnastics * Gr 2 & 3		
17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)					

# Foundation Phase Extramural Programme Season 4 (September)

FOUNDATION PHASE: GRADE 1-3 All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13:30 - 17:00 Individual Music Lessons * <b>Compulsory sport takes priority</b>					
13:45 - 14:30 Hockey / Tennis / Squash Skills Gr 1	13:45 - 14:15 Music Theory * Gr 2 & 3	13:45 - 14:30 Hockey / Tennis / Squash Skills Gr 1	13:45 - 14:15 Music Theory * Gr 2 & 3		
<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 2 &amp; 3</b>	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>		
14:30 - 15:30 Basketball / Tennis / Squash Gr 2 & 3	13:45 - 14:30 Playgolf *	14:30 - 15:30 Basketball / Tennis / Squash Gr 2 & 3	14:15 - 15:00 FP Choir		
<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Rhythmic Gymnastics * Gr 1	<b>14:45 - 15:15 PREP Gr 1</b>	14:30 - 15:15 Playgolf *		08:00 - 12:00 <b>BASKETBALL MATCHES</b>
	14:30 - 15:15 Drama *		15:00 - 15:45 Junior String Ensemble Junior Wind Ensemble		(GRADE 2 AND GRADE 3 ONLY)
*	14:30 - 15:15 Playgolf *		15:00 - 16:00 Eco Club Grade 2 & 3		
	15:15 - 16:15 Learn to Code *		15:00 - 15:45 Rhythmic Gymnastics * Gr 1		
	15:30 - 16:15 Rhythmic Gymnastics * Gr 2 & 3		15:15 - 16:00 Playgolf *		
	15:30 - 16:15 Drama *		15:45 - 16:30 Rhythmic Gymnastics * Gr 2 & 3		
17:00 - 19:00 (online Mon - Sat)					
Moneyd Kids by Financeium * (Finance literacy and competence )					

# Foundation Phase Extramural Programme Season 4 (Oct - Dec)

FOUNDATION PHASE: GRADE 1-3 All activities marked with an asterix are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13:30 - 17:00 Individual Music Lessons * <b>Compulsory sport takes priority</b>					
13:45 - 14:45 Swimming Gr 1 and Gr 2 & 3 non-team	13:45 - 14:15 Music Theory * Gr 2 & 3	13:45 - 14:45 Swimming Gr 1 and Gr 2 & 3 non-team	13:45 - 14:15 Music Theory * Gr 2 & 3		08:00 - 12:00 <b>BASKETBALL MATCHES</b>
13:45 - 14:45 Basketball / Tennis Gr 2 & 3	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>	13:45 - 14:45 Basketball / Tennis Gr 2 & 3	<b>13:45 - 14:15 PREP Gr 1, 2 &amp; 3</b>		(GRADE 2 AND GRADE 3 ONLY)
13:45 - 14:30 Squash Gr 2	13:45 - 14:30 Playgolf *	13:45 - 14:30 Squash Gr 2	Learn to Swim * 13:45 - 17:00 (Lessons with Giants Aquatics)		
14:30 - 15:15 Squash Gr 3	14:30 - 15:15 Rhythmic Gymnastics * Gr 1	14:30 - 15:15 Squash Gr 3	14:15 - 15:00 FP Choir		
14:45 - 15:45 Swimming Gr 2 & 3 A, B, C Team	14:30 - 15:15 Drama *	14:45 - 15:45 Swimming Gr 2 & 3 A, B, C Team	14:30 - 15:15 Playgolf *	13:00 - 17:00 <b>GALAS</b>	
<b>15:00 - 15:30 PREP Gr 1, 2 &amp; 3</b>	14:30 - 15:15 Playgolf *	<b>15:00 - 15:30 PREP Gr 1, 2 &amp; 3</b>	15:00 - 15:45 Junior String Ensemble Junior Wind Ensemble	(GRADE 2 AND GRADE 3 ONLY)	
	15:15 - 16:15 Learn to Code *		15:00 - 16:00 Eco Club - Grade 2 & 3		
	15:30 - 16:15 Rhythmic Gymnastics * Gr 2 & 3		15:00 - 15:45 Rhythmic Gymnastics * Gr 1		
	15:30 - 16:15 Drama *		15:15 - 16:00 Playgolf *		
			15:45 - 16:30 Rhythmic Gymnastics * Gr 2 & 3		
17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)					