

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	Swimming Basketball Squash Tennis
MUSIC PROGRAMME	MUSIC ENSEMBLES, MARIMBAS AND CHOIRS (YEAR COMMITMENTS)					
	Participation in the choir, marimbas and ensemble programmes are year commitments. FP Choir / IP Choir / Marimbas / Ensembles					
PRIVATELY OFFERED ACTIVITIES (TERM/YEAR COMMITMENT)	INDIVIDUAL (PRIVATE) MUSIC ACTIVITIES (Individual Music Lessons / Music Theory)					
	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.					
	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.	<p>Learn to Swim: info@giantsaquatics.com 083 397 6366</p> <p>Playgolf: info@playgolfkids.com 082 307 5050</p> <p>Drama: littlecproductions@gmail.com 072 212 2252</p>	<p>Rhythmic Gymnastics: nervedosa@yahoo.com 083 647 9096</p> <p>Learn to Code: info@pingtechacademy.co.za 081 042 8115</p> <p>Moneyd Kids by Financeium: finkidz@financeium.com 074 113 3550</p> <p>Equestrian: Please contact the Sport Office for contact details</p>

When she believes in herself...she will fly

Intersen Phase Extramural Programme Season 1 (Jan - Mar)

INTERSEN PHASE (GRADE 4-7) : All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 - 07:00 Swimming Gr 7 A, B, C (Compulsory)	06:00 - 07:00 Swimming Gr 3 - 6 A & B (Compulsory)	06:45 - 07:15 Choir Sectionals (By invitation)	06:00 - 07:00 Swimming Gr 4 - 6 C (Compulsory) and Gr 4 - 7 Non-Team (Voluntary)		
14:00 - 17:00 Individual Music Lessons * Compulsory sport takes priority					
14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP (For Squash, Tennis, C & Non-Team Swimmers Late Sessions)	14:00 - 15:00 PREP and Extra Lessons	Learn to Swim * 13:45 - 17:00 (Lessons with Giants Aquatics)		
14:00 - 15:00 IP Choir		14:00 - 15:00 Learn to Code *	14:00 - 15:00 PREP and Extra Lessons (For Squash, Tennis, and C & Non-Team Swimmers Late Sessions)		
14:15 - 16:30 Tennis League		14:00 - 15:00 Drama *			
15:00 - 16:00 Debating Club (Mrs van Wyk) Kids Lit Quiz (Mrs van Staden) Chess Club (Ms Mazibuko)	14:00 - 14:45 Squash (Gr 4)	15:00 - 16:00 Drama *	14:00 - 14:45 Squash (Gr 4)		
	14:15 - 15:15 Swimming Gr 4 - 7 A & B Gr 3 A team (voluntary)	15:00 - 16:00 Rhythmic Gymnastics *	14:15 - 15:15 Swimming Gr 4 - 7 A & B		
15:15 - 16:00 Music Theory *			14:15 - 15:30 Volleyball / Tennis		
15:15 - 16:00 Marimbas Gr 4-6	14:15 - 15:30 Volleyball / Tennis	15:15 - 16:15 Playgolf *	14:45 - 15:30 Squash Gr 5 - 7 Group 2		
15:15 - 16:15 Playgolf *	14:45 - 15:30 Squash Gr 5 - 7 Group 2	15:45 - 16:45 Swimming (Voluntary) Gr 7 A, B, C			
15:30 - 16:30 Rhythmic Gymnastics *	15:15 - 16:15 Swimming Gr 4 - 7 C and Non-Team	16:00 - 17:00 High Performance Sport Session Netball and Soccer (Voluntary)	15:30 - 16:30 Tennis Team Squash Team		
16:00 - 16:45 Marimbas Gr 7	15:30 - 16:30 Tennis Team / Squash Team	17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)	15:30 - 16:30 Junior String Ensemble Junior Wind Ensemble		
				13:00 - 17:00 GALAS	VOLLEYBALL MATCHES / TOURNAMENTS

Intersen Phase Extramural Programme Season 2 (Mar - Jun)

INTERSEN PHASE (GRADE 4-7) : All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		06:45 - 07:15 Choir Sectionals (By invitation)				
	14:00 - 17:00	Individual Music Lessons *	Compulsory sport takes priority			
14:00 - 15:00 IP Choir Gr 4-7	14:00 -15:00 Squash Gr 4 - 7 (Non-netball / soccer)	14:00 - 15:00 Learn to Code * 14:00 - 15:00 Drama *	14:00 -15:00 Squash Gr 4-7 (Non-netball / soccer)			
14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP (Squash & Tennis Late Sessions)	14:00 - 15:00 PREP and Extra Lessons	14:00 15:00 PREP and Extra Lessons (Squash & Tennis Late Sessions)			
14:00 - 15:00 Gr 4 Play Rehearsal Dates to be confirmed	14:15 - 15:30 Soccer / Netball	15:00 - 16:00 Rhythmic Gymnastics *	14:15 - 15:30 Soccer / Netball		SOCCER / NETBALL MATCHES / FESTIVALS	
15:00 - 16:00 Chess Club (Ms Mazibuko) Debating (Mrs van Wyk) Eisteddfod Training (Mrs van Staden) First Holy Communion Gr 5 (Mrs Kennedy)	14:15 - 15:30 Tennis (Non-netball / soccer)		14:15 - 15:30 Tennis Gr 4-7 (Non-netball / soccer)			
15:15 - 16:00 Music Theory *	15:30 - 16:30 Squash Team Gr 5 -7	15:00 - 16:00 Drama *	15:30 - 16:30 Squash Team Gr 5-7			
15:15 - 16:00 Marimbas Gr 4-6	15:30 - 16:30 Tennis Team	15:15 - 16:00 Music Theory *				
15:15 - 16:15 Playgolf *		15:15 - 16:15 Playgolf *	15:30 - 16:30 Tennis team			
15:30 - 16:30 Rhythmic Gymnastics *		16:00 - 17:00 High Performance Sport Session Hockey (Voluntary)	15:30 - 16:30 Junior String Ensemble Junior Wind Ensemble			
16:00 - 16:45 Marimbas (Gr 7)		17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)				

Intersen Phase Extramural Programme Season 3 (Jun - Aug)

INTERSEN PHASE (GRADE 4-7) : All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		06:45 - 07:15 Choir Sectionals (By invitation)			
14:00 - 17:00 Individual Music Lessons * Compulsory sport takes priority					
14:00 - 15:00 IP Choir Gr 4-7	14:00 - 15:00 Squash Gr 4 - 7 (Non-hockey / athletics)	14:00 - 15:00 Alumnae Essay Writing Competition (Mrs J Brandt)	14:00 - 15:00 Squash Gr 4- 7 (Non-hockey / athletics)		
14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP (Squash & Tennis Late Sessions)	14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP and Extra Lessons (Squash & Tennis Late Sessions)		
14:00 - 15:00 Gr 5 & 6 Play Rehearsal Dates to be confirmed	14:15 - 15:30 Athletics / Hockey	14:00 - 15:00 Drama *	14:15 - 15:30 Athletics / Hockey		
15:00 - 16:00 Chess Club (Ms Mazibuko) Eisteddfod Training (Mrs van Staden) First Holy Communion Gr 5 (Mrs Kennedy)	14:15 - 15:30 Tennis (Non-hockey / athletics)	14:00 - 15:00 Learn to Code *	14:15 - 15:30 Tennis (Non-hockey / athletics)		
15:15 - 16:00 Music Theory *		15:00 - 16:00 Rhythmic Gymnastics *	15:30 - 16:30 Squash Team Gr 5-7		
15:15 - 16:00 Marimbas Gr 4 - 6	15:30 - 16:30 Squash Team Gr 5 - 7	15:00 - 16:00 Drama *	15:30 - 16:30 Tennis Team		
15:15 - 16:15 Playgolf *	15:30 - 16:30 Tennis Team	15:15 - 16:00 Music Theory *			
15:30 - 16:30 Rhythmic Gymnastics *		15:15 - 16:15 Playgolf *			
16:00 - 16:45 Marimbas Gr 7	17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)	16:00 - 17:00 High Performance Sport Session Basketball (Voluntary)	15:30 - 16:30 Junior String Ensemble Junior Wind Ensemble		

HOCKEY MATCHES / FESTIVALS

Intersen Phase Extramural Programme Season 4 (Sept - Nov)

INTERSEN PHASE (GRADE 4-7) : All activities marked with an asterisk are offered at an additional cost to parents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
06:00 - 07:00 Swimming Gr 7 A, B, C (Compulsory)	06:00 - 07:00 Swimming Gr 3 - 6 A & B (Compulsory)	06:45 - 07:15 Choir Sectionals (By invitation)	06:00 - 07:00 Swimming Gr 4 - 6 C (Compulsory) and Gr 4 - 7 Non-Team (Voluntary)	ATHLETICS MEETING (SEPTEMBER) GALAS 13:00 - 17:00	BASKETBALL MATCHES / FESTIVALS		
14:00 - 17:00 Individual Music Lessons * Compulsory sport takes priority							
14:00 - 15:00 IP Choir (Gr 4-7)	14:00 -14:45 Squash (Gr 4)	14:00 - 15:00 Learn to Code *	14:15 - 17:00 Learn to Swim * (Lessons with Giants Aquatics)				
14:00 - 16:00 Gr 7 Play Rehearsal Dates to be confirmed		14:00 - 15:00 Drama *	14:00 -14:45 Squash (Gr 4)				
14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP (For Squash, Tennis, C & Non-Team Swimmers Late Sessions)	14:00 - 15:00 PREP and Extra Lessons	14:00 - 15:00 PREP and Extra Lessons (For Squash, Tennis, C & Non-Team Swimmers Late Sessions)				
15:00 - 16:00 Debating Club (Mrs van Wyk) Chess Club (Ms Mazibuko)	14:15 - 15:30 Swimming Gr 4 - 7 A & B Gr 3 A team (voluntary)	15:00 - 16:00 Rhythmic Gymnastics * Gr 4-7	14:15 - 15:15 Swimming Gr 4 - 7 A & B				
	14:15 - 15:30 Basketball / Tennis	15:00 - 16:00 Drama *	14:15 - 15:30 Basketball / Tennis				
15:15 - 16:00 Music Theory *	14:15 - 15:30 Squash Gr 5 - 7 Group 2	15:15 - 16:15 Playgolf *	14:45 - 15:30 Squash Gr 5 - 7 Group 2				
15:15 - 16:00 Marimbas Gr 4 - 6	15:30 - 16:15 Swimming Gr 4 - 7 C and Non-Team	15:15 - 16:00 Music Theory *	15:30 - 16:15 Swimming Gr 4 -7 C and Non-Team				
15:15 - 16:15 Playgolf *	15:30 - 16:30 Tennis Team Squash Team	15:45 - 16:45 Swimming (Voluntary) Gr 7 A, B, C	15:30 - 16:30 Tennis Team Squash Team				
15:30 - 16:30 Rhythmic Gymnastics *	17:00 - 19:00 (online Mon - Sat) Moneyd Kids by Financeium * (Finance literacy and competence)	16:00 - 17:00 High Performance Sport Session Volleyball and Athletics (Voluntary)	15:30 - 16:30 Junior String Ensemble Junior Wind Ensemble				
16:00 - 16:45 Marimbas Gr 7							