

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Programme

WEEK 6 SENIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Before School	6:00am - 7:30am	Swimming 6:00am - 7:15am		Swimming 6:00am - 7:15am		Swimming 6:00am - 7:15am
	6:45am - 7:45am	Gym/Strength Training (6:30am - 7:45am)	Gym/Strength Training (7:00am-8:00am)	Gym/Strength Training (7:00am - 8:00am)	Gym/Strength Training (7:00am - 8:00am)	Piper Rehearsal (7:00am - 8:30am)
						Gym/Strength Training (Girls Only) (7:00am-8:00am)
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm	Pipes and Drums (3:30pm - 5:00pm)	Rugby Training U14 & U16 Boys Open Girls	Senior Choir (3:30pm - 5:00pm)	Rugby Training U14 & U16 Girls	
		Touch Football Training				
WEEK 6 PRIMARY CO-CURRICULAR PROGRAMME						
TIME		Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Before School	6:00am - 7:30am	Swimming 6:00am - 7:15am		Swimming 6:00am - 7:15am		Swimming 6:00am - 7:15am
	7:00am - 8:00am		JAM Choir (Year 1 Classroom) - 8:00am - 8:30am		Sustainability Club (7.45am - 8.30am)	Piper Rehearsal (7:00am - 8:30am)
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm	Pipes and Drums (3:30pm - 5:00pm)	Arranmore Cricket (3.15pm - 4.30pm)		Cooking Club (3:15pm - 5:00pm)	GIG Touch (4:00pm - 6:00pm)

