

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Programme

WEEK 8 SENIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
Before School	See Activity times			Rock Band Rehearsal (7:30am - 8:30am) Chapel Hall	String Ensemble (7:40am - 8:30am) Kingsw ood	Runners Club-Sprints and Distance (6:45am - 7:45am)
		Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)
		Runners Club-Sprints and Distance (6:45am - 7:45am)		Runners Club-Sprints and Distance (6:45am - 7:45am)	Senior Girls Netball Training (6:45am - 7:45am)	Piper Rehearsal (7:00am - 8:30am)
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm	Pipes and Drums (3:30pm - 5:00pm)	Girls 7s Training	Senior Choir	Boys Rugby / Girls 7s Training	
			Athletics Training	Senior Hockey training (3:30pm - 4:30pm) Tennis courts	Athletics training	
		Yr 5-7 Gym / Strength Training 3.30pm-4.30pm	Tennis Coaching	Yoga (3:30pm - 4:15pm)	Tennis Training	
WEEK 8 PRIMARY CO-CURRICULAR PROGRAMME						
TIME		Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
Before School	6:00am - 7:30am			JAM Choir 8:00am - 8:30am		
	7:00am - 8:00am	Runners Club-Sprints and Distance (6:45am - 7:45am)		Rock Band Rehearsal (7:30am - 8:30am) Chapel Runners Club-Sprints and Distance (6:45am - 7:45am)	Sustainability Club (7:45am - 8:30am) String Ensemble (7:40am - 8:30am) Kingsw ood	Piper Rehearsal (7:00am - 8:30am) Runners Club-Sprints and Distance (6:45am - 7:45am)
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm	Pipes and Drums (3:30pm - 5:00pm)	Arranmore Futsal		Tennis Training	
			Chess and Strategy Games		Athletics Team Training	
		Yr 5-7 Gym / Strength Training 3.30pm-4.30pm	Tennis Training			
			Arranmore Athletics and Team training			
		JAM Dance				

