

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Programme

WEEK 4 SENIOR CO-CURRICULAR PROGRAMME

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TIME		Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Before School	See Activity times			Rock Band Rehearsal (7:30am - 8:30am) Chapel Hall	String Ensemble (7:40am - 8:30am) Kingsw ood	
		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		Senior Girls Netball Training (6:45am - 7:45am)
Lunch	12:50pm - 1:20pm	Futsal training for rep players				Futsal training for rep players
After School	3:30pm - 5:00pm		Touch training	Senior Choir	Boys Rugby / Girls 7s Training	
		Boys Rugby	Athletics Training	Yoga (3:30pm - 4:15pm)	Athletics Training	
			Tennis		Tennis	
			Cricket training			

WEEK 4 PRIMARY CO-CURRICULAR PROGRAMME

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TIME		Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Before School	6:00am - 7:30am			JAM Choir 8:00am - 8:30am	Sustainability Club (7:45am - 8:30am)	Piper Rehearsal (7:00am - 8:30am)
	7:00am - 8:00am				String Ensemble (7:40am - 8:30am) Kingsw ood	
Lunch	12:50pm - 1:20pm	Futsal training for rep players				Futsal training for rep players
After School	3:15pm - 4:30pm		JAM Dance		Athletics Training	
			Chess and Strategy Games		Arranmore Basketball	
			Arranmore Athletics			

