

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Programme

WEEK 5 SENIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
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 Cancelled	Gym/Strength Training Cancelled	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		Runners club sprints and distance 6.45am
Lunch	12:50pm - 1:20pm	Futsal training for rep players Cancelled				Futsal training for rep players
After School	3:30pm - 5:00pm		Touch training	Senior Choir	Girls 7s Training	
		Boys Rugby Cancelled	Athletics Training	Yoga (3:30pm - 4:15pm)	Athletics Training Cancelled	
			Tennis		Tennis	
			Cricket training		Boys rugby game review - Maths Block- all teams, all players	
WEEK 5 PRIMARY CO-CURRICULAR PROGRAMME						
TIME		Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
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 Cancelled				Futsal training for rep players
After School	3:15pm - 4:30pm		JAM Dance		Athletics Training Cancelled	
			Chess and Strategy Games		Arranmore Basketball	
			Arranmore Athletics			

