

# SCOTS PGC College

## Co-curricular Training/Rehearsal/Activities Programme

| WEEK 7 SENIOR CO-CURRICULAR PROGRAMME |                    |   |   |  |   |  |
|---------------------------------------|--------------------|---|---|--|---|--|
| TIME                                  |                    | Monday 26th   | Tuesday 27th                              | Wednesday 28th   | Thursday 29th   | Friday 30th  |
| Before School                         | See Activity times |   |   | Rock Band Rehearsal<br>(7:30am - 8:30am) Chapel Hall         | String Ensemble<br>(7:40am - 8:30am) Kingsw ood                             |  |
|                                       |                    | Gym/Strength Training<br><b>cancelled</b>           | Gym/Strength Training<br><b>cancelled</b> | Gym/Strength Training<br>( Session 1:6:30am - 8:00am)        | Gym/Strength Training<br>( Session 1:6:30am - 8:00am)                       | Gym/Strength Training<br>( Session 1:6:30am - 8:00am)        |
|                                       |                    |   |   | Runners club sprints and<br>distance 6.45am <b>cancelled</b> |   | Runners club sprints and<br>distance 6.45am <b>cancelled</b> |
| Lunch                                 | 12:50pm - 1:20pm   | Futsal training for rep players<br><b>Cancelled</b> |   |  |   | Futsal training for rep players<br><b>Cancelled</b>          |
| After School                          | 3:30pm - 5:00pm    |   | Touch training                            | Senior Choir   | Girls 7s Training   |  |
|                                       |                    | Boys Rugby  | Athletics Training                        | Yoga<br>(3:30pm - 4:15pm)                                    | Athletics Training <b>Cancelled</b>   |  |
|                                       |                    |   | <b>Tennis cancelled</b>                   |  | Tennis  |  |
|                                       |                    |   |   |  | <b>Boys rugby game review -<br/>Maths Block- all teams, all<br/>players</b> |  |
| WEEK 7 JUNIOR CO-CURRICULAR PROGRAMME |                    |   |   |  |   |  |
| TIME                                  |                    | Monday 26th   | Tuesday 27th                              | Wednesday 28th   | Thursday 29th   | Friday 30th  |
| Before School                         | 6:00am - 7:30am    |   |   | JAM Choir<br>8:00am - 8:30am                                 | Sustainability Club<br>(7:45am - 8:30am)                                    | Piper Rehearsal<br>(7:00am - 8:30am)                         |
|                                       | 7:00am - 8:00am    |   |   |  | String Ensemble<br>(7:40am - 8:30am)<br>Kingsw ood                          |  |
| Lunch                                 | 12:50pm - 1:20pm   | Futsal training for rep players<br><b>Cancelled</b> |   |  |   | Futsal training for rep players<br><b>Cancelled</b>          |
| After School                          | 3:15pm - 4:30pm    |   | JAM Dance                                 |  | Athletics Training <b>Cancelled</b>   |  |
|                                       |                    |   | Chess and Strategy Games                  |  | Arranmore Basketball  |  |
|                                       |                    |   | Arranmore Athletics                       |  |   |  |
|                                       |                    |   |   |  |   |  |

