

# SCOTS PGC College

## Co-curricular Training/Rehearsal/Activities Programme

WEEK 10 SENIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
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 <b>Cancelled</b>	Gym/Strength Training <b>Cancelled</b>	Gym/Strength Training ( Session 1:6:30am - 8:00am)	Gym/Strength Training ( Session 1:6:30am - 8:00am)	Gym/Strength Training <b>Cancelled</b>
						Piper Rehearsal (7:00am - 8:30am)
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm		Touch training	Senior Choir	Girls 7s Training <b>TBA</b>	
		Boys rugby 7s training <b>TBA</b>	Athletics Training for selected athletes		Athletics Training for selected athletes	
			Tennis		Tennis	
			Cricket Training		Boys rugby 7s training <b>TBA</b>	
WEEK 10 JUNIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Before School	6:00am - 7:30am			JAM Choir <b>Cancelled</b>	Sustainability Club <b>Cancelled</b>	Piper Rehearsal (7:00am - 8:30am)
	7:00am - 8:00am				String Ensemble (7:40am - 8:30am) Kingsw ood	
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm		JAM Dance <b>Cancelled</b>		Aussie Hoops Basketball (Online enrolment as per flyer sent - cost involved) - <b>TBA</b>	
			Chess and Strategy Games			