

# SCOTS PGC College

## Co-curricular Training/Rehearsal/Activities Program

WEEK 3 SENIOR CO-CURRICULAR PROGRAM						
TIME		Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
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)
						Pipes Rehearsal (7:00am - 8:30am)
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm			Senior Choir	U13 Girls & U15 Boys/Girls Rugby 7s Training	
		Gym/Strength Training (3.15-5pm)	Open Boys/Girls and U13 Boys Rugby 7s Training	Cricket Training	Touch Training	
			Tennis		Tennis	
			Chess and Strategy Games			
WEEK 3 JAM CO-CURRICULAR PROGRAM						
TIME		Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Before School	6:00am - 7:30am					Pipes Rehearsal (7:00am - 8:30am)
	7:00am - 8:00am			JAM Choir (8:00am - 8:30am)	String Ensemble (7:40am - 8:30am) Kingsw ood	
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm		Arranmore - Rookies to Reds Rugby (Briggs Oval)			
			Cooking Club			
					Aussie Hoops Basketball (Online enrolment as per flyer sent - cost involved) - <b>WALEC Courts</b>	



**SCOTS PGC College**  
**Co-curricular Training/Rehearsal/Activities Program**