

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Program

WEEK 6 SENIOR CO-CURRICULAR PROGRAM						
TIME		Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Before School	See Activity times	Sw im Squad Training - WIRAC 6am		Rock Band Rehearsal (7:30am - 8:30am) Chapel Hall	String Ensemble (7:40am - 8:30am) Kingsw ood	Pipes Rehearsal (7:00am - 8:30am)
			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)
				Sw im Squad Training - WIRAC 6am		Sw im Squad Training - WIRAC 6am
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm		Gym/Strength Training (3:15 - 5pm) - Replacing Rugby	Senior Choir	Tennis	
		Gym/Strength Training (3.15-5pm) - Girls Only	Tennis	Cricket Training	Touch Training	
			Chess and Strategy Games		Gym/Strength Training (3:15-5pm) - replacing Rugby	

WEEK 6 JUNIOR CO-CURRICULAR PROGRAM						
TIME		Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Before School	6:00am - 7:30am	Sw im squad training - WIRAC 6am		Sw im squad training - WIRAC 6am		Pipes Rehearsal (7:00am - 8:30am)
	7:00am - 8:00am			JAM Choir (8:00am - 8:30am)	String Ensemble (7:40am - 8:30am) Kingsw ood	Sw im Squad Training -WIRAC 6am
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm		Arranmore - Rookies to Reds Rugby (Briggs Oval)		Aussie Hoops Basketball (Online enrolment as per flyer sent - cost involved) - WALEC Courts	
			Cooking Club			
			Chess and Strategy Games			

