

| MS/SS Sport            | Monday                                                                      | Tuesday                                                                                              | Wednesday                                                           | Thursday                                | Friday | Saturday                                                                |
|------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------|--------|-------------------------------------------------------------------------|
| <b>Basketball</b>      |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
| Opens (Yrs 11 & 12)    | Games: The Den                                                              | 1sts Only GYM 3.45pm-5.00pm<br>Belfield for Weeks 1/2<br>-<br>Opens Belfield Courts<br>3.45pm-5.00pm |                                                                     | 1sts & 16As GYM<br>3.45pm-5.00pm        |        |                                                                         |
| Year 9/10              |                                                                             | Games: The Den                                                                                       |                                                                     | Belfield Courts 3.45pm-5.00pm           |        |                                                                         |
| Year 7/8               |                                                                             | Games: The Den                                                                                       | Belfield Courts 3.45pm-5.00pm                                       |                                         |        |                                                                         |
| Girls Senior           |                                                                             | Games: The Den                                                                                       |                                                                     | Belfield Courts 3.45pm-5.00pm           |        |                                                                         |
| Girls Junior           |                                                                             | Games: The Den                                                                                       |                                                                     | Belfield Court 3.45pm-5.00pm            |        |                                                                         |
| <b>Cricket</b>         |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
| Opens (Years 10/11/12) |                                                                             | Turf Nets & Cricket Oval<br>3.45pm-5.00pm                                                            |                                                                     | Turf Nets/Cricket Oval<br>3.45pm-5.00pm |        |                                                                         |
| 15s (Years 8/9)        |                                                                             | Synthetic Nets<br>3.45pm-5.00pm                                                                      |                                                                     | Synthetic Nets<br>3.45pm-5.00pm         |        |                                                                         |
| 13s (Years 6/7)        | Synthetic Nets<br>3.45pm-5.00pm                                             |                                                                                                      | Synthetic Nets<br>3.45pm-5.00pm                                     |                                         |        |                                                                         |
| <b>Futsal</b>          |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        | MS Courts 3.45pm-5.00pm                                                     | Games at PLC Year 9-10                                                                               | Games at PLC Years 7-8                                              |                                         |        |                                                                         |
| <b>Golf</b>            |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        | Doody Park 3.45pm-5.00pm                                                    |                                                                                                      |                                                                     | Armidale Golf Club<br>3.45-6.00pm       |        | Sunday afternoon:<br>Armidale Golf Club TBC                             |
| <b>HIIT Classes</b>    |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        |                                                                             | Weights Room 3.45pm-5.00pm                                                                           |                                                                     | Weights Room 3.45pm-5.00pm              |        |                                                                         |
| <b>Kayaking</b>        |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        | Croft Dam 3.45-5.15pm                                                       |                                                                                                      | Croft Dam 3.45-5.15pm                                               |                                         |        |                                                                         |
| <b>Pilates</b>         |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        |                                                                             | Green Room 3.45pm-5.00pm                                                                             | Green Room 7.00am-8.00am                                            | Green Room 3.45pm-5.00pm                |        |                                                                         |
| <b>Mountain Biking</b> |                                                                             |                                                                                                      |                                                                     |                                         |        |                                                                         |
|                        | NEMTB Summer Series Racing<br>5.00pm-6.00pm<br>Sport UNE & Kookaburra Crest |                                                                                                      | Training<br>3.45pm-5.00pm<br>Sport UNE/Doody Park/ Kookaburra Crest |                                         |        | Weekend Events: Please refer to<br>information sent by MIC Jo<br>Benham |

| MS/ SS Sport                                  | Monday                                    | Tuesday                                     | Wednesday                                          | Thursday                                    | Friday                                                     | Saturday                                                                     |
|-----------------------------------------------|-------------------------------------------|---------------------------------------------|----------------------------------------------------|---------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Rowing</b>                                 |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
| Junior Girls<br>Yr 9/10                       |                                           | <b>Fitness</b> TAS Gym<br>3.45pm - 5.00pm   | <b>Ergs</b> TAS Gym<br>6.00am - 7.30am             | <b>Rowing</b> Malpas Dam<br>3.45pm - 7.00pm | <b>Rowing</b> Malpas Dam [Every 2nd Wk]<br>3.45pm - 8.00pm | <b>Rowing</b> Malpas Dam<br>6.00am - 11.00am                                 |
| Junior Boys<br>Yr 9/10                        | <b>Ergs</b> TAS Gym<br>6.00am - 7.30am    | <b>Rowing</b> Malpas Dam<br>3.45pm - 7.00pm |                                                    | <b>Fitness</b> TAS Gym<br>3.45pm - 5.00pm   | <b>Rowing</b> Malpas Dam [Every 2nd Wk]<br>3.45pm - 8.00pm | <b>Rowing</b> Malpas Dam<br>6.00am - 11.00am                                 |
| Senior Crews<br>Yr 11/12 Boys & Girls         | <b>Fitness</b> TAS Gym<br>6.00am - 7.30am | <b>Rowing</b> Malpas Dam<br>3.45pm - 7.00pm | <b>Optional Fitness</b> TAS Gym<br>3.45pm - 5.00pm | <b>Ergs</b> TAS Gym<br>6.00am - 7.30am      | <b>Rowing</b> Malpas Dam<br>3.45pm - 8.00pm                | <b>Rowing</b> Malpas Dam<br>5.30am - 10.30am                                 |
| <b>Rugby Under 12s</b>                        |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               |                                           | 3.45pm-5.00pm Backfield                     |                                                    | 3.45pm-5.00pm Backfield                     |                                                            |                                                                              |
| <b>Shooting</b>                               |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               |                                           |                                             |                                                    | Shooting Gyra 3.45-6.30pm                   |                                                            | <b>Weekend Events: Please refer to information sent by MIC Dave Lawrence</b> |
| <b>Swimming</b>                               |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               |                                           | TAS Pool 6.15am-7.15am                      |                                                    | TAS Pool 6.15am-7.15am                      |                                                            |                                                                              |
| <b>Tennis</b>                                 |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               |                                           | Park Courts & MS Courts<br>3.45pm-5.00pm    | Park Courts & MS Courts<br>3.45pm-5.00pm           | Park Courts & MS Courts<br>3.45pm-5.00pm    |                                                            |                                                                              |
| <b>Triathlon</b>                              |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               |                                           | Wakefield 3.45pm-5.00pm                     | Cycle Session (Optional) 3.45pm-5.00pm             | Wakefield 3.45pm-5.00pm                     |                                                            |                                                                              |
| <b>Volleyball</b>                             |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               | GYM 5.00pm-6.45pm                         |                                             | Dangar 3.45-5.00pm                                 |                                             | Volleyball Firsts ONLY<br>GYM 6.30am-7.30am (Wk 3-9)       |                                                                              |
| <b>Weights Room-Strength and Conditioning</b> |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               | 3.45pm-5.15pm                             | 6.00am-7.30am/ 3.45pm-5.15pm                | 6.00am-7.30am/ 3.45pm-5.15pm                       | 6.00am-7.30am/ 3.45pm-5.15pm                | 6.00am-7.30am                                              |                                                                              |
| <b>JUNIOR SCHOOL</b>                          |                                           |                                             |                                                    |                                             |                                                            |                                                                              |
|                                               | <b>Monday</b>                             | <b>Tuesday</b>                              | <b>Wednesday</b>                                   | <b>Thursday</b>                             | <b>Friday</b>                                              | <b>Saturday</b>                                                              |
| <b>Ball Skills</b>                            | JS Playground 3.45pm-5.00pm               |                                             |                                                    |                                             |                                                            |                                                                              |
| <b>Basketball</b>                             | Games 4.00pm-6.00pm The Den (ASC)         |                                             | Gym 3.45pm-5.00pm                                  |                                             |                                                            |                                                                              |
| <b>Cricket- Year 5</b>                        |                                           | 3.45pm-5.00pm                               |                                                    | 3.45pm-5.00pm                               |                                                            | Games 8.45am-12.00pm                                                         |
| <b>Gymnastics</b>                             | Gymnastics Club 3.45pm-5.00pm             |                                             |                                                    |                                             |                                                            |                                                                              |
| <b>Indoor Hockey</b>                          | TAS Gym 3.45pm-5.00pm                     |                                             |                                                    |                                             | Games TAS Gym 3.45pm-5.00pm                                |                                                                              |
| <b>Rugby Under 12s</b>                        |                                           | 3.45pm-5.00pm Backfield                     |                                                    | 3.45pm-5.00pm Backfield                     |                                                            |                                                                              |
| <b>Tennis</b>                                 | Training 3.45pm-5.00pm                    |                                             |                                                    |                                             |                                                            |                                                                              |