

MS/SS Sport	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball						
Opens (Yrs 11 & 12)	Games: The Den	1sts Only GYM 3.45pm-5.00pm - Opens Belfield Courts 3.45pm-5.00pm		1sts & Boomers GYM 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		
Cricket						
Opens (Years 10/11/12)		Turf Nets/Cricket Oval 3.45pm-5.00pm		Turf Nets/Cricket Oval 3.45pm-5.00pm		Games Saturday Mornings for Junior, Afternoons for Seniors
15s (Years 8/9)		Synthetic Nets 3.45pm-5.00pm		Synthetic Nets 3.45pm-5.00pm		
13s (Years 6/7)	Synthetic Nets 3.45pm-5.00pm		Synthetic Nets 3.45pm-5.00pm			
Futsal						
	MS Courts 3.45pm-5.00pm	Games at PLC Year 10-12	Games at PLC Year 7-9			
Golf						
		S&C Gym 3.45pm-5.00pm		Armidale Golf Club 3.45-6.00pm		
Pilates						
		Green Room 3.45pm-5.00pm		Green Room 3.45pm-5.00pm		
Mountain Biking						
	Training Sport UNE/Doody/Fat Tyre Farm 3.45pm-5.15/30pm		Training Sport UNE/Doody/Fat Tyre Farm 3.45pm-5.15/30pm			Occasional Weekend Events
Continued Over page						

MS/ SS Sport	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rowing						
Junior Girls Yr 9/10	Erg Year 9: 3:45pm - 4:30pm Year 10: 4:30pm - 5:15pm	Row - Malpas Dam 3:45pm - 7:00pm	Fitness 3:45pm - 5:00pm		Row - Malpas Dam 3:45pm - 8:00pm (Every Second Week)	Row - Malpas Dam 6:00am - 11:30am
Junior Boys Yr 9/10	Fitness 3:45 pm - 5:00 pm		Erg Year 9: 3:45pm - 4:30pm Year 10: 4:30pm - 5:15pm	Row - Malpas Dam 3:45pm - 7:00pm	Row - Malpas Dam 3:45pm - 8:00pm (Every Second Week)	Row - Malpas Dam 6:00am - 11:30am
Senior Crews Yr 11/12 Boys & Girls		Erg 6:00am - 7:30am	Fitness 6:00am - 7:30am	Row - Malpas Dam 3:45pm - 7:00pm	Row - Malpas Dam 3:45pm - 8:00pm	Row - Malpas Dam 6:00am - 11:30am
Shooting						
	School Range 3.45pm-5.00pm			Shooting Gyra 3.45-7.00pm		Weekend Shoots TBC
Strength & Conditioning/HIIT Classes						
		Weights Room 3.45pm-5.00pm		Weights Room 3.45pm-5.00pm		
Swimming						
		TAS Pool 6.15am-7.15am		TAS Pool 6.15am-7.15am		
Tennis						
		Park Courts & MS Courts 3.45pm-5.00pm	Park Courts & MS Courts 3.45pm-5.00pm	Park Courts & MS Courts 3.45pm-5.00pm		
Volleyball						
	UNE 4.30pm-6.30pm		Dangar 3.45-5.00pm	Volleyball First ONLY 4.30 pm-6.30pm		
Weights Room-Strength and Conditioning- Supervised Sessions						
	3.45pm-5.15pm	3.45pm-5.15pm	6.00am-7.30am 3.45pm-5.15pm	6.00am-7.30am 3.45pm-5.15pm	6.00am-7.30am	
JUNIOR SCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ball Skills	JS Playground 3.45pm-5.00pm					
Basketball	Games 4.00pm-6.00pm The Den (ASC)		Gym 3.45pm-5.00pm			
Cricket- Year 3/4/5	3.45pm-5.00pm					Games 8.45am-12.00pm
Gymnastics	Gymnastics Club 3.45pm-5.00pm					
Indoor Hockey	TAS Gym 3.45pm-5.00pm				Games TAS Gym 3.45pm-5.00pm	
Tennis	Training 3.45pm-5.00pm					