

TWC SENIOR SPORTS TIMETABLE TERM 1: 2018

It is compulsory to do at least one sport per term

SPORT	VENUE	TIMES	MON	TUES	WED	THURS	FRI	SAT
CANOEING	Drift	15:00 - 17:00	All Ages	All Ages		All Ages		Races
						Dice (Optional) 17:30 - 19:00		
GYM CONDITIONING	Sports Science	15:00 - 16:00	Gym Programs					
		16:00 - 17:00	Gym Programs		Gym Programs			
KARATE	Atrium	15:00 - 16:00		All Ages		All Ages		
TOUCH RUGBY	Top Field	15:00 - 16:00			Seniors			
		16:00 - 17:00			Juniors			
SOCCER	Top Field	15:00 - 16:00	Juniors	Seniors				
SWIMMING <small>Team Swimmers must attend a minimum of 3 training sessions</small>	Swimming Pool	05:30 - 06:30		Squad Training		Squad Training		
		15:00 - 16:00		Squad Training	Galas	Squad Training		
		16:00 - 17:00		Social Swimming		Social Swimming		
SQUASH	Squash Courts	15:00 - 16:00	Team Training	Beginners		Team Training		
		16:00 - 17:00		Intermediate				
TENNIS	Tennis Courts	15:00 - 16:00		Teams 1-4 League Matches	Teams 5-7 Training	Teams 4-7 League Matches		
		16:00 - 17:00	Social Tennis		Teams 1 - 4 Training (until 17:30)			

**Netball, Action Netball, Hockey and Core & Fitness can only be selected as a second option.
You have to do at least one day of another sport.**

HOCKEY/ NETBALL TOUR TEAMS	Astro/LHC	05:30-06:30				Open Hockey 16:30 - 17:30	Open & u15 Netball U16 Hockey	
HOCKEY ACADEMY <i>U14 starts after half term</i>	Astro	15:00 - 17:00		U14 Pre-season Training (16:00 - 17:00)		GK Sessions (15:30 - 16:30)		
ACTION NETBALL	Action Arena	14:30 - 17:30					League Matches	
NETBALL ACADEMY <i>U14 starts after half term</i>	LHC	16:00 - 17:00	U14 & U15 Pre-season Training (Court 7)					
CORE & FITNESS	Sports Science	15:00 - 16:00	Pilates (cost involved)					
	Sports Science	16:00 - 17:00				Kettlebells (cost involved)		
	LHC	15:00 - 16:00				Zumba		