

## CURRO LANGEBAAN

BUITE-KURRIKULÊRE ROOSTER EERSTE EN VIERDE KWARTAAL 2017 FIRST AND FOURTH TERM EXTRA-CURRICULAR TIMETABLE

	MAANDAG/MONDAY	DINSDAG/TUESDAY	WOENSDAG/WEDNESDAY	DONDERDAG/THURSDAY	VRYDAG/FRIDAY
<b>SWEM SWIMMING</b>	<b>14:25 - 15:45</b> Senior swimming group (u/14-u/18) (L. Hart/R.Ayford) <b>14:25 - 15:45</b> Junior swimming group (u/9-u/13) (I. Welgemoed / Y. Kitchin)		<b>14:25 - 15:45</b> Senior swemgroep (o/14 – o/18) (L. Hart/R.Ayford)  <b>14:25 - 15:45</b> Junior swemgroep (o/9 – o/13) (I. Welgemoed / Y. Kitchin)		
<b>TWEEKAMP BIATHLON</b>	<b>14:15 – 15:00</b> Biathlon (swimming) (D. Forte)		<b>14:30 – 15:30</b> Tweekamp (veld) (D. Forte / C. vd Walt)		
<b>KRIEKET CRICKET</b>	<b>14:25 - 15:45</b> u/15 – F. Huddleston (nets)  u/19 – A. Cronjé (nets)	<b>14:25 - 15:45</b> u/10 & u/11 JP Jooste (nets)  u/13-Matches	<b>14:25 - 15:45</b> o/12 en o/13 M. Brand / S. Cronjé (nette) o/15 en o/19 wedstryde	<b>14:25 - 15:45</b> o/9 – P. Brits (veld)  o/11-wedstryde	
<b>ATLETIEK ATHLETICS</b>	<b>PRIMARY SCHOOL</b> <b>14:25 - 15:00</b> (All Coaches) – warm-up Sprinting (o/9 – o/13) Long Distances (C. vd Walt ) <b>15:00 – 15:45</b> Hurdles (M. Bezuidenhout) Long Jump (N. Smit) Shot-put (A. Bester-Roest) High Jump (C. Brits) Discus (P. Brits)	<b>HIGH SCHOOL</b> <b>14:25 - 16:00</b> (All Coaches) – warm-up Sprinting (Q. Horn) Long Distances (Q. Horn) <b>15:00 – 16:00</b> Hurdles Long Jump/Triple Jump (M. Heins) Shot-put (C. van Zyl) High Jump (J. Le Roux) Javelin (P. Lourens) Discus/Hammer Throw (W. du Plessis)	<b>LAERSKOOL</b> <b>14:25 - 15:00</b> (Al die afrigters) - opwarm Naellope (o/9 – o/13) Langafstande (C. vd Walt ) <b>15:00 – 15:45</b> Hekkies (M. Bezuidenhout) Verspring (N. Smit) Gewigstoot (A. Bester-Roest) Hoogspring (C. Brits) Diskus (P. Brits)	<b>HOËRSKOOL</b> <b>14:25 - 15:45</b> (Al die afrigters) - opwarm Naellope (Q. Horn) Langafstande (Q. Horn) <b>15:00 – 15:45</b> Hekkies Verspring/Driesprong (M. Heins) Gewigstoot (C. van Zyl) Hoogspring (N. Wassenaar) Spiesgooi (P. Lourens) Diskus/Hammergooi (W. Du Plessis)	
<b>TENNIS</b>	<b>14:25 - 15:45</b> Team Practice (High School) H. Horn L. Rademeyer	<b>14:25 – 15:45</b> Primary School (u/9 – u/13) C. Poggenpoel H. Malan K. Goossen M. Coetzer (Team)	<b>14:25 - 15:45</b> Spanoefening (Hoërskool) H. Horrn L. Rademeyer	<b>14:25 - 15:45</b> Laerskool spanoef/ Wedstryde: C. Poggenpoel H. Malan K. Goossen M. Coetzer (Team)	
<b>SKAAK CHESS</b>			<b>14:25 - 15:45</b> Senior Group u/14 – u/18 (M. Immelman)	<b>14:25 – 15:45</b> Junior Group u/9 - u/13 (N. Opperman )	
<b>ROBOTICS (klub/club)</b>					<b>13:20 – 14:50</b> Junior Group u/10 -u/13 (N. Opperman )

**BUIE KURRIKULÊRE ROOSTER / EXTRA CURRICULUM TIME-TABLE  
EERSTE EN VIERDE KWARTAAL / FIRST AND FOURTH TERM 2017  
GRONDSLAGFASE (JUNIOR PRIMÊR ) | FOUNDATION PHASE (JUNIOR PRIMARY)**

**Gr 1&2 Sport is between 13:05 – 14:05 (Except Athletics)  
Gr 1&2 Sport is tussen 13:05 – 14:05 (Behalwe Atletiek)**

	<b>MAANDAG MONDAY</b>	<b>DINSDAG TUESDAY</b>	<b>WOENSDAG WEDNESDAY</b>	<b>DONDERDAG THURSDAY</b>	<b>VRYDAG FRIDAY</b>
<b>KOOR CHOIR</b>		Gedurende skooltyd During school hours			
<b>SWEM SWIMMING</b>	<b>Grade 2 / Graad 2</b> A. Loubser I. Welgemoed	<b>Grade 1 / Graad 1</b> A. Loubser I. Welgemoed			
<b>TENNIS</b>	<b>Grade 1 learners</b> L. Denman T. Frew		<b>Grade 2 learners</b> L. Denman T. Frew		
<b>KRIEKET CRICKET</b>			Matches	D. Forte (u/7) JP Jooste / E. Cronjé (u/8)	
<b>ATLETIEK ATHLETICS</b>	14:15 - 14:45  C. Poggenpoel		14:15 - 14:45  C. Poggenpoel		