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| **Autumn Term** | **Sports Hall** | **Fitness Suite** | **Astro** | **Playing Fields** | **Netball Courts** | **Swimming Pool** | **Fives Courts** | **Boathouse** | **STUDIO** | **TOWERS** |
| MONDAY | *Badminton*  *Yr7-13* | *Open*  *Yr8-13* | *JS Hockey*  *Yr 3&4 (wk1)*  *Yr 5&6 (wk2)* | *JS Rugby Yr 3-6* | Netball  Yr 7 & 8 | Yr 9-13  Water Polo |  |  | *Table Tennis*  Yr6-13 | Yr7-Y13  Squash |
| TUESDAY | JS Badminton  *Yr4-6* | Senior Squad Rowing | Girls Hockey Seniors  *Yr11-13* | Rugby Seniors  *Yr11-13*  Skill School  Yr7-11 (-Oct)  Girls Football  Yr7-11  (Until October half term) | Netball League  Yr 9 -13 | Yr. 7 & 8  Water polo |  |  | Senior Squad Rowing |  |
| WEDNESDAY | Winter Nets  (Oct-Dec) | Senior Squad Rowing | Girls Hockey  *Yr9* | Rugby Seniors  *Yr12 & 13*  Rugby Seniors  Yr9&10 | Senior Netball  *Yr11-13* | Senior Swim squad  *Yr7-13* | - |  | Senior Squad Rowing |  |
| THURSDAY | Indoor Hockey  SnR  LB/EXT | *Open*  *Yr8-13* | Girls Hockey  *Yr7 & 8* | Rugby Yr 7-8  *JS X-Country*  *Yr 3-6 (Oct -)* | Pre-season Netball Yr 9 & 10 | *JS Invitational swim squad and development (3-6)* | - |  | Rowing Ergo | *Yr 6*  *Squash* |
| FRIDAY |  | *Open*  *Yr8-13* | Girls Hockey  Yr10 |  |  | *External Hire* |  |  | Rowing Ergo |  | |

**Blue = Boys’ Club** **Red = Girls Club**   **Green = Open to Boys and Girls**  ***Italics = Junior School Club***

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| **DAY** | **CLUB** | **VENUE** | **TIME** |
| MONDAY | *JS Y3-4 TENNIS* | SPORTS HALL | 7:30 – 8:15am |
| *SENIOR SCHOOL S&C* | FITNESS SUITE | 7:15-8:15am |
| *Y5&6 ISFA PREP FOOTBALL* | SPORTS HALL | 1:05 – 1:40pm |
| FITNESS – OPEN SESSION | FITNESS SUITE | 1.10-2.00pm |
| SENIOR ROWING (11-13) | FITNESS SUITE | 1:10 – 2:00pm |
| SENIOR HOCKEY Video Analysis (11-13) | G2 | 1:10 – 1:30pm |
| TUESDAY | FITNESS – OPEN SESSION | FITNESS SUITE | 1.10-2pm |
| WATER POLO (Squads Y8-13) | SWIMMING POOL | 7.10 – 8.00am |
| *JS Y5 & 6 TENNIS* | SPORTS HALL | 7:10 – 8:15am |
| MORNING CIRCUITS – OPEN TO ALL SPORTS - YEAR 9 -13 | STUDIO | 7:30 – 8:05am |
| WEDNESDAY | FITNESS – OPEN SESSION | FITNESS SUITE | 1.10-2pm |
| SENIOR ROWING (11-13) | FITNESS SUITE | 1:10 – 2:00pm |
| *JS Y3 & 4 TENNIS* | SPORTS HALL | 7:30 – 8:15am |
| THURSDAY | WATER POLO SQUADS Y8-13 | SWIMMING POOL | 7.00 – 8.00am |
| *SENIOR SCHOOL S&C* | FITNESS SUITE | 7:15-8:15am |
| SENIOR ROWING (11-13) | FITNESS SUITE | 1:10 – 2:00pm |
| Y7 & 8 TENNIS | TENNIS COURTS | 7:10 – 8:15am |
| FRIDAY | SENIORS ERGO (11-13) | STUDIO | 7:15 – 8:00am |
| FITNESS – OPEN SESSION | FITNESS SUITE | 1.10-2.00pm |
| Y9-13 TENNIS | TENNIS COURTS | 7:10 – 8:15am |
| Y7-8 BASKETBALL | SPORTS HALL | 1.15-1.45 |
| STAFF SWIM | SWIMMING POOL | 7-8:00 |

**Green = Open to Boys and Girls**