

## After School Clubs

Blue = Boys' Club | Red = Girls' Club | Green = Open to Boys and Girls (HT1 - Half Term 1, HT2 - Half Term 2)

Day	Activity	Year Groups	Time	Venue
Monday	Open Strength and Conditioning	8-13	4:00pm-5:30pm	Fitness Suite
	Senior Boys' Rowing Strength and Conditioning	11-13	4:00pm-5:30pm	Fitness Suite
	JS Cricket	3 and 4 (HT1)	4:00pm-5:30pm	Playing Fields
	JS Cricket	5 and 6 (HT2)	4:00pm-5:30pm	Playing Fields
	Girls' Rugby	3 and 4 (HT2)	4:00pm-5:30pm	Playing Fields
	Girls' Rugby	5 and 6 (HT1)	4:00pm-5:30pm	Playing Fields
	Athletics	7-13	4:00pm-5:30pm	Athletics Track
	Tennis	7-13	4:00pm-5:30pm	Top Courts
	Multi-Sport	3 and 4 (HT2)	4:00pm-5:30pm	Bottom Courts
	Multi-Sport	5 and 6 (HT1)	4:00pm-5:30pm	Bottom Courts
	Water Polo	7 and 8	4:00pm-5:30pm	Swimming Pool
	Senior Girls Rowing	11-13	4:00pm-5:30pm	Boat House
Tuesday	Open Strength and Conditioning	8-13	4:00pm-5:30pm	Fitness Suite
	Cricket	7 and 8	4:00pm-5:30pm	Playing Fields
	Girls' Rugby	7-10	4:00pm-5:30pm	Playing Fields
	Tennis	7-13	4:00pm-5:30pm	Bottom Courts
	Fives	7-13	4:00pm-5:30pm	5's Court
	Senior Boys Rowing	11-13	4:00pm-5:30pm	Boat House
	Athletics	5 and 6	4:00pm-5:30pm	Athletics Track
	Senior Girls' Ergo	11-13	4:00pm-5:30pm	Studio
Wednesday	Senior Girls' Rowing Strength and Conditioning	11-13	4:00pm-5:30pm	Fitness Studio
	Senior Boys' Ergo	11-13	4:00pm-5:30pm	Studio
	Strength and Conditioning	8-13	4:00pm-5:30pm	Studio
	Cricket	11-13	4:00pm-5:30pm	Playing Fields
	Senior Swim	7-13	4:00pm-5:30pm	Swimming Pool
Thursday	Squash	6	4:00pm-5:30pm	Racquets Club
	Open Strength and Conditioning	8-13	4:00pm-5:30pm	Fitness Suite
	Athletics	7-13	4:00pm-5:30pm	Athletics Track
	Cricket	9 and 10	4:00pm-5:30pm	Playing Fields
	Water Polo	7-13	4:00pm-5:30pm	Swimming Pool
	Rowing	10	4:00pm-5:30pm	Boat House
	Yoga	7-13	4:00pm-5:30pm	Studio
Friday	Open Strength and Conditioning	8-13	4:00pm-5:30pm	Fitness Suite
	Rowing	9	4:00pm-5:30pm	Boat House

## Before School and Lunchtime

Blue = Boys' Club | Red = Girls' Club | Green = Open to Boys and Girls (HT1 - Half Term 1, HT2 - Half Term 2)

Day	Activity	Year Groups	Time	Venue
Monday	Tennis	3 and 4	7:00am-8:00am	Top Courts
	Open Strength and Conditioning	8-13	1:05pm-2:15pm	Fitness Suite
	Ergo	9	1:15pm-1:45pm	Studio
Tuesday	Open Strength and Conditioning	11-13	7:00am-8:00am	Fitness Suite
	Tennis	5 and 6	7:00am-8:00am	Top Courts
	Senior Water Polo	11-13	7:10am-8:00am	Swimming Pool
	Open Strength and Conditioning	8-13	1:05pm-2:15pm	Fitness Suite
Wednesday	Tennis	3 and 4	7:00am-8:00am	Top Courts
	Senior Water Polo	11-13	7:10am-8:00am	Swimming Pool
	Open Strength and Conditioning	8-13	1:05pm-2:15pm	Fitness Suite
	Ergo	10	1:15pm-1:45pm	Studio
Thursday	Tennis	7 and 8	7:30am-8:15am	Top Courts
	Open Strength and Conditioning	8-13	1:05pm-2:15pm	Fitness Suite
Friday	Tennis	9-13	7:15am-8:15am	Top Courts
	Senior Girls' Ergo/Cardio	11-13	7:15am-8:00am	Studio
	Ergo	9	1:15pm-1:45pm	Studio
	Senior Rowing Strength and Conditioning	11-13	1:15pm-2:15pm	Fitness Suite
	Open Strength and Conditioning	8-13	1:05pm-2:15pm	Fitness Studio