



SUMMER EXTRA MURAL PROGRAM 2025 (Term I)

| Sport | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|---|--------|
| Athletics | | 14:30-15:30 | | 14:30-15:30 | |
| Badminton | 14:30-16:00 | | | 14:30-16:00 | |
| Cricket | 14:30-16:00 U14A/B/U15A | 14:30-16:00 1 st /2 nd Girls Cricket | 14:30-16:00 U14A/B | 14:30-16:00 1 st /2 nd /U15A Girls Cricket | |
| Golf | Matches | | | 14:30-16:00 Practice | |
| Squash | 15:00-16:00 League | 15:00-16:00 Non-League | 15:00-16:00 Non-League | 15:00-16:00 League | |
| Swimming | | 15:00- 16:00 (Primary school) | 15:30-16:30 (Primary School) | | |
| Tennis | 14:15-15:15 League | 14:15-15:15 Non-League | 14:15-15:15 League | 14:15-15:15 Non-League | |
| Water Polo | 14:00-15:30 Junior Boys 15h30-16:30 Junior Girls/ 2 nd Girls | 15:00-16:30 Senior Boys 16:30-18:30 Senior Girls | 15:00-16:30 Junior Girls/ 2 nd Girls | 14:00-15:00 Junior Boys 15:00-16:30 Senior Boys 16:30-18:30 Senior Girls | |
| Cross Country | | 14:15-15:30 Running | | 14:15-15:30 Running | |

| Extra Mural | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--------------------------------|--------------------------------|--------------------------|
| Band | 16:30-18:00 Intermediate Band 19:00-20:30 Big Band | 19:00 Jazz Band 19:00-20:30 Big Band | 14:15-15:00 Junior Band | | 14:15-15:00 Wind Band |
| Choir | | 15:00-17:00 Chamber Choir | | 15:00-16:30 Concert Choir | |
| Chess | | 14:15-15:00 | 14:15-15:00 | | |
| Drama | 14:15-15:30 | | 14:15-15:30 | | |
| Drumline | | | | | |
| Debating | 14:15-15:15 | 14:15-15:15 | 14:15-15:15 Competition-Jnr | 14:15-15:15 Competition-Snr | |
| Public Speaking | | 14:05-15:00 | 14:05-15:00 | | |
| Eco-Club | | | 14:15-15:15 | 14:15-15:15 | |