



**MARIS STELLA EXTRAMURAL CALENDAR FOR GRADES 8 - 12  
TERM 1 – 2019**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING</b>	<u>Team Swimming</u> Mrs Williams 6 – 7am  <u>Indoor Hockey</u> <u>U16A Only</u> 6 – 7:15am	<u>Team Swimming</u> Mrs Williams 6 – 7am  <u>Netball Practice</u> U14 – Open 6 – 7am	<u>Road Running</u> 6 – 7am  <u>Water Polo</u> 6 – 7:15am	<u>Indoor Hockey</u> <u>U14A Only</u> 6 – 7:15am	<u>Road Running</u> Mrs Thackwray 6 – 7am
<b>LUNCH</b>			<u>Impact</u> Mrs Bodley	<u>Peer Mentor Meetings</u> Mrs Ziegler Classroom	
<b>AFTERNOON</b>  <b>SPORT ACTIVITIES</b>	<u>Indoor Hockey</u> U14A & B 3 – 4pm  <u>Zumba/Water Aerobics</u> 2.45 – 3.45pm At the POOL  <u>Water Polo</u> Dr Langlois & Coach 2.45-4pm  <u>Athletics</u> U14-Open 3 – 4pm	<u>Social Swimming</u> Miss Frankson 2:45-4pm  <u>League Tennis</u> <u>Open</u> Mr Van Rensburg  <u>Indoor Hockey</u> <u>1<sup>st</sup> Team</u> 2:45 – 4pm  <u>Indoor Hockey</u> <u>U16A &amp; U16B Team</u> 4 – 5pm	<u>Swimming Galas</u>  <u>Social Swimming</u> Mrs Davenport 2.45 – 4pm  <u>Indoor Hockey</u> <u>1<sup>st</sup> Team</u> 2:45 – 4pm  <u>Indoor Hockey</u> <u>2nd Team</u> 4 – 5pm  <u>Team Tennis</u> Mrs McDade 2.45 – 3.30pm	<u>Indoor hockey matches</u>  <u>Netball Practice</u> U14 – Open 3 – 4.00pm  <u>Team Swimming</u> Mrs Williams 3– 4pm  <u>Social Tennis</u> Mrs McDade 2.45 – 3.30pm	<u>Action Netball Matches at Rinaldo</u> <u>2 – 6pm</u> Staff Rotation  <u>Springboard diving</u> Mrs Miskey Maris Stella 2 – 4pm  <u>*Private Tennis</u> Mrs.McDade

<p><b>AFTERNOON</b></p> <p><b>CULTURAL ACTIVITIES</b></p>	<p><u>Interact</u> Mrs Ward 3 - 4pm</p> <p><u>Interact Board Meeting</u> Mrs Ward 4 – 4:30pm</p> <p><u>Cooking Club</u> Gr 8 – 9 only Mrs Erasmus 2:45 – 4:30pm</p>	<p><u>Adult Literacy</u> Gr 9 – 12 Mrs Crick Ms Hlongwa 2.45 – 4pm</p> <p><u>Debating</u> 2:45 – 4pm</p> <p><u>Edith Benson</u> 2.45 – 4pm</p>	<p><u>Adopt-a-Granny</u> Mrs Bodley</p> <p><u>Afrikaans Movie Club</u> Gr 8 – 11 Miss Nel 2.45 – 4pm</p> <p><u>Cooking Club</u> Gr 10 – 12 only Mrs Erasmus 2:45 – 4:30pm</p>	<p><u>Adult Literacy</u> Gr 9 – 12 Mrs Dewar Ms Hlongwa 2.45 – 4pm</p> <p><u>Choir</u> Mrs S. du Plessis 4 – 5:30pm</p> <p><u>Junior League Debating</u> 2:45 – 5:15pm</p>	<p><u>Marimba Band</u> Master Human 3:30 – 4:30</p>
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