



SPORTS FACILITY TRAINING SCHEDULE 2019

Summer

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Cricket Nets	Under 15s/Seniors	Under 14s	Under 12s		Under 13s
Strip 1	Under 14s	Under 15s/Seniors	Under 13s	Under 12s	
Tennis Courts	Under 12s	Under 13s	Staff	Under 15s	Under 14s
Back Rugby Pitch					
Athletics Back Field			Throws All years	Throws All years	
Athletics Track/ Pit	Jumps All Years	Sprints	Middle Distance		
Fitness Suite Lunchtime 12.45-1.30	Seniors	U-14s SA	Seniors	U-15s SA	U-13s SA
Fitness Suite After School 3.45-5 p.m	All Years SA	All Years SA		All Years SA	All Years SA
Swimming Pool Pre School 8-8.45		Staff		Staff	Swimming Squad
Swimming Pool Lunchtime 12.45-1.30	Water Polo Years 1 and 2	Development Group Swim		U-12s/13s Water Polo PC	U-14/15 Water Polo PC
Swimming Pool After School 3.45-4.45	Water Polo Club Year 3 and above			Water Polo Club 2nd st Years	Water Polo 1st Years
Sports Hall		High Jump until Exams			