

DIDACTICS / DIDAKTIES

Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	SUBJECT / VAK	PLACE / PLEK
Mondays / Maandae	13:30-14:00	Grade 1 + 2 / Graad 1 + 2	Mathematics / Wiskunde	Register Class / Register Klas
	14:00-14:30	Grade 3 - 7 / Graad 3 - 7		
Tuesdays / Dinsdae	13:30-14:00	Grade 1 + 2 / Graad 1 + 2	Language / Taal	Register Class / Register Klas
	14:00-14:30	Grade 3 - 7 / Graad 3 - 7		

SPORT GENERAL / SPORT ALGEMEEN

The program is subject to change / Die program is onderhewig aan verandering.

Learners need to report, when possible, 15 minutes before their practice STARTS for the attendance registry.

Leerders moet, indien moontlik, 15 minute voor hul oefening BEGIN vir teenwoordigheidskontrole aanmeld.

Learners must please wear the appropriate clothing to practices. Leerders moet asb die korrekte kleredrag vir oefeninge aantrek.



HOCKEY / HOKKIE



DAY / DAG	TIME / TYD	AGE GROUP / OUDERDOMSGROEP	COACH / AFRIGTER	PLACE / PLEK
MONDAYS	13:45-14:30	u7+u8 Boys ~ u7+o/8 Seuns	E. Vermooten (u7) M. De Mooij (u8)	A-Field
		u8 Girls ~ o/8 Dogters	K. Randall	A-Field
MAANDAE	14:35-15:20	u7 Girls ~ o/7 Dogters	R. Jansen van Vuuren	A-Field
		u9 Boys and Girls ~ o/9 Seuns en Dogters	C. De Waal (Boys) S. Swart (Girls)	A-Field
+				
TUESDAY	15:25-16:10	u10 Boys and Girls ~ o/10 Seuns en Dogters	R. Kapp (Boys) T. Strydom (Girls)	A-Field A-Field
		u11 Boys and Girls ~ o/11 Seuns en Dogters	E. Mostert (Boys) A. Barnard (Girls)	A-Field A-Field
DINSDAE	16:15-17:00	u13 Boys and Girls ~ o/13 Seuns en Dogters	C. De Bruyn (Boys) M. Du Toit (Girls) L. Scheepers	A-Field





HOCKEY / HOKKIE



IF THERE ARE NO MATCHES ON A THURSDAY

13:30-14:05	A-FIELD / A-VELD	13:30-14:05	A-FIELD / A-VELD
	U7+U8 BOYS		O/7+O/8 DOGTERS
14:10-14:45	A-FIELD / A-VELD	14:10-14:45	A-FIELD / A-VELD
	O/10 SEUNS EN DOGTERS		U9 BOYS AND GIRLS
14:50-15:25	A-FIELD / A-VELD	14:50-15:25	B-FIELD / B-VELD
	U13 BOYS AND GIRLS		U11 BOYS AND GIRLS

THANK YOU TO OUR SPONSORS





NETBALL / NETBAL



DAY / DAG	TIME / TYD	AGE GROUP / OUDERDOMSGROEP	COACH / AFRIGTER	PLACE / PLEK
MONDAYS	13:45-14:30	u7 ~ u7	Y. Louw M. Snyman	Netball Courts
	14:35-15:20	u8 ~ o/8	D. Oosthuizen Z. De Jager M. Oberholzer	Netball Courts
MAANDAE	15:25-16:10	u9 ~ o/9	C. Van Zy E. Conradie I. Hanekom	Netball Courts
		u12 ~ o/12	M. Le Roux P. De Villiers	Netball Courts
TUESDAY	16:15-17:00	u10 ~ o/10	Y. Smith C. Van den Berg N. Greeff	Netball Courts
		u11 ~ o/11	A-L. Mynhardt M. Laing J. Ackerman	Netball Courts
DINSDAE	17:05-17:50	u13 ~ o/13	E. Muller L. Thiart	Netball Courts



NETBALL / NETBAL



IF THERE ARE NO MATCHES ON A WEDNESDAY

13:30 - 14:05	BAAN 1&2	GRADE R QUAD
	U7 ~ O/7	U8 ~ O/8
14:10 - 14:45	BAAN 1&2	GRADE R QUAD
	U10 ~ O/10	U9 ~ O/9
14:50 - 15:25	BAAN 1&2	GRADE R QUAD
	U12&U13 ~ O/12&O/13	U11 ~ O/11

THANK YOU TO OUR SPONSORS

CapeGate
SHOPPING CENTRE





RUGBY



DAY / DAG	TIME / TYD	AGE GROUP / OUDERDOMSGROEP	COACH / AFRIGTER	PLACE / PLEK
MONDAYS	14:35-15:20	u7 ~ o/7	P. De Villiers K. Turner	B-Field
MAANDAE		u8 ~ o/8	R. Kapp M. Griggs	B-Field
+	15:25-16:10	u9 ~ o/9	L. Rademeyer H. Van Dyk	B-Field
TUESDAY	16:15-17:00	u11 ~ o/11	L. Rademeyer M. Griggs J. Smith	B-Field
DINSDAE	17:05-17:50	u13 ~ o/13	H. Van Dyk R. Kapp	A-Field

CapeGate
SHOPPING CENTRE

leapfrog
PROPERTY GROUP



RUGBY



IF THERE ARE NO MATCHES ON A WEDNESDAY

	A-FIELD / A-VELD
14:00 - 14:35	U7-U9 ~ O/7-O/9
14:40 - 15:15	u11-u13 ~ o/11-o/13

THANK YOU TO OUR SPONSORS

Cape Gate
SHOPPING CENTRE

leapfrog
PROPERTY GROUP



CROSS COUNTRY / LANDLOOP



DAY / DAG	TIME / TYD	AGE GROUP / OUDERDOMSGROEP	COACH / AFRIGTER	PLACE / PLEK
MONDAYS + TUESDAY	14:35-15:20	u9-u13 ~ o/9-0/13	S. Van Zyl	A-Field
VRYDAE		MATCHDAY / WEDSTRYDDAG		



CHESS / SKAAK

DAY / DAG	TIME / TYD	AGE GROUP / OUDERDOMSGROEP	COACH / AFRIGTER	PLACE / PLEK
MONDAYS	14:35-15:20	U9+u10 ~ o/9+0/10	N. Janse van Rensburg	STEAMAC
TUESDAYS	15:25-16:10	u11-u13 ~ o/11-o/13	N. Janse van Rensburg	STEAMAC
VRYDAE	07:00-07:30	u7+u8 ~ o/7+o/8 MATCHDAY / WEDSTRYDDAG	N. Janse van Rensburg	Classroom 43



ART / KUNS

Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	Teacher / Onderwyser	Place / Plek
Mondays / Maandae	13:30 - 14:15 15:00 - 16:00	Grade 1 / Graad 1 Grade 4&5 / Graad 4&5	T. Rochér L. Sivell	Grade RA2Classroom / Graad RA2 Klaskamer Art Class / Kunsklas
Tuesdays / Dinsdae	13:30 - 14:15 15:00 - 16:00	Grade 2 / Graad 2 Grade 6&7 / Graad 6&7	T. Rochér L. Sivell	Grade RA2Classroom / Graad RA2 Klaskamer Art Class / Kunsklas
Wednesdays / Woensdae	14:00 - 14:45	Grade 3 Graad 3	T. Rochér	Grade RA2Classroom / Graad RA2 Klaskamer

REDENAARS / PUBLIC SPEAKING

Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	Teacher / Onderwyser	Place / Plek
Mondays / Maandae	14:35-15:15	Gr4-7 (Public Speaking)	C. De Bruyn T. Strydom	Classroom 43 / Klaskamer 43
	15:00 - 16:00	Grade6+7 / Graad 6+7	I. Hanekom	
Tuesdays / Dinsdae	15:00 - 16:00	Grade 4+5 / Graad 4+5	I. Hanekom	Classroom 43 / Klaskamer 43



ORFF-ORCHESTRA / ORFF ORKES



Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	Teacher / Onderwyser	Place / Plek
Mondays / Maandae	14:00 - 15:00	Grade 4-7 / Graad 4-7	C. Pentz	Music Classroom / Musiek Klaskamer
Tuesdays / Dinsdae	14:00 - 15:00	Grade 4-7 / Graad 4-7	C. Pentz	Music Classroom / Musiek Klaskamer

CHOIR / KOOR

Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	Teacher / Onderwyser	Place / Plek
Tuesdays / Dinsdae	07:30 - 08:00	Junior Choir (Grade 1 - 3) / Junior Koor (Graad 1 - 3)	I.Hanekom	School Hall / Skoolsaal
Wednesdays / Woensdae	07:00 - 07:45	Senior Choir (Grade 4 - 7) / Senior Koor (Graad 4 - 7)	R. de Necker	School Hall / Skoolsaal
Thursdays / Donderdae	16:30 - 17:30	Senior Choir (Grade 4 - 7) / Senior Koor (Graad 4 - 7)	R. de Necker	School Hall / Skoolsaal
Thursdays / Donderdae	12:20 - 13:10	Junior Choir (Grade 1 - 3) / Junior Koor (Graad 1 - 3)	I.Hanekom	School Hall / Skoolsaal

DRAMA

Day / Dag	Time / Tyd	Age group / Ouderdomsgroep	Teacher / Onderwyser	Place / Plek
Wednesdays / Woensdae	14:15 - 15:00	Grade 6&7 / Graad 6&7	L. Sivell	School Hall / Skoolsaal
Thursdays / Donderdae	14:15 - 15:00	Grade 4&5 / Graad 4&5 (Drama and Speech Choir / Drama en Spreekkoor)	L. Sivell	School Hall / Skoolsaal
Fridays / Vrydae	13:40 - 14:30	Concert Gr. 7 ~ Konsert Gr. 7	L. Sivell	School Hall / Skoolsaal