



Middle & Senior: Year 7 – 12						
Sport	Year Level	Training Day	Time	Start Date	Game/Competition	Additional Info
<b>WINTER SEASON (Terms 2 &amp; 3)</b>						
Aerobics	Year 7 - 12	Friday	3:45pm – 4:45pm	Term 2, Week 1	N/A	
AFL	Year 7 - 12	Middles: Tuesday	3:45pm – 5:00pm	Term 2, Week 1	Friday	
		Opens: Wednesday				
Badminton	Year 7 - 12	Monday	7:10am – 8:10am	Term 2, Week 1	Saturday	Additional information on page 3
		Tuesday	7:10am – 8:10am			
		Thursday	3:45pm - 4:45pm			
<i>Social Badminton</i>	Year 7 – 12	TBA		Term 2, Week 1	No games	Additional information on page 3
Cross Country	Year 7 - 12	N/A		Term 2, Week 2	Wednesday 4pm	
Hiking	Year 7 - 12	Wednesday Week A	3:30pm - 5:30pm	Term 2, Week 2	N/A	Additional information on page 3
Hockey	Year 7 - 12	Friday	7:00am – 8:00am	Term 2, Week 1	Saturday	Training venue to be confirmed
Lacrosse	Under 11 & 13	Monday	3:45pm – 4:45pm	Term 2, Week 1	Saturday	
Motor Skills	Year 7 - 10	Tuesday and/or Thursday	7:10am – 8:10am	Term 2, Week 1	N/A	
Netball	Year 7 - 9	Thursday	3:45pm – 4:45pm	Term 2, Week 1	Saturday	Additional information on page 3
	Year 10 - 12	Tuesday	3:45pm – 4:45pm			
	Open A/B	Tuesday	3:45pm – 5:15pm			
<i>Social Netball</i>	Year 8 - 10	Monday	3:45pm – 5:00pm	Term 2, Week 2	No games	Additional information on page 3
Soccer	Year 7 - 12	Tuesday	3:45pm - 4:45pm	Term 2, Week 1	Wednesday	
Yoga	Year 7 - 12	Monday and Thursday	3:45pm - 4:45pm	Term 2, Week 2	N/A	8-week program with options for 2 sessions per week – cost of \$50 per term