





5x60 and Alun School Activities 2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
M	Badminton	Basketball	Badminton	Basketball	Badminton
L U N C H	Running Club (Meet Miss Stopforth in the Sport Centre) Fitness (DOG) 12.30-1.10pm	Gymnastics 12:30-1pm  Free swim 12:30-1pm Netball KS3 12:30-1pm	 Water polo 12:30-1pm Girls fitness (£1) 12.30pm – 1.15pm Dance studio	 Kayaking 12:30-1pm Netball (GCSE) 12.30pm – 1.15pm Boys fitness. (£1) 12.30-1.15pm Dance studio Badminton Club	Olympic Club Gym 12:30-1:00pm Free swim 12:30-1:00pm Football 1pm till 1.20pm Dodgeball Sports Hall 1:00-1:20pm
	A F T E R S C H O O L	Lacrosse 3:30-4:30pm Teen fitness club (£2) 4.00-5.00 Dance studio	Climbing Club 4:30-7:00pm Boys Hockey 3.30-4.30pm Netball Club 3.30-4.30pm Rugby 3.30-4.30pm	Bike Club 3:30-4:30pm Football 3.30-4.30pm Hockey Matches	Kayaking ks4 only 3.30– 4.30pm  Basketball 3.30-4.30pm Girls Hockey 3.30-4.30pm Football Matches

All after school activities will finish at 4:30pm unless stated on the timetable.