

Session 3 At A Glance – Starting Monday 4 January 2010 for sport and Monday 11 January for the full programme

Year	Monday	Tuesday	Wednesday	Thursday	Friday
7	Swim Squad/Galas Cheerleading Boys Football Training	Music School Senior Concert Band Rehearsal Girls Football Training Water Polo Gymnastics 5.40-7.00pm	Music School and Choir Dance – Limbering and Technique Dance Academy (5.40-7.30pm) Girls Netball Lane Swimming/Swimming Fitness/Water Confidence Badminton	Music School (inc. Theory Club) Junior Concert Band Rehearsal Synchronised Swimming Girls Hockey Boys Hockey	Swim Squad AM
8	Maths Club Swim Squad/Galas Cheerleading Fitness Centre/Spin Classes House Basketball Competitions	Music School Senior Concert Band Rehearsal Performing Arts Club (Dance) Girls Football Training Water Polo Fitness Centre/Spin Classes Boys Basketball (Academy) Gymnastics 5.40-7.00pm	Music School and Choir Dance – Limbering and Technique Dance Academy (5.40-7.30pm) Cookery Club Boys Football (Dome) Girls Netball Lane Swimming/Swimming Fitness/Water Confidence Fitness Centre/Spin Classes Badminton	Music School (inc. Theory Club) Junior Concert Band Rehearsal Synchronised Swimming Fitness Centre/Spin Classes Girls Hockey Girls Basketball (Academy) Boys Hockey	Swim Squad AM
9	Swim Squad/Galas Boys Football (Dome) Fitness Centre/Spin Classes Girls Netball House Basketball Competitions	Music School Senior Concert Band Rehearsal Girls Football Training Water Polo Fitness Centre/Spin Classes Boys Basketball (Academy) Gymnastics 5.40-7.00pm KS4 Dance/Drama Rehearsal	Music School and Choir Dance – Limbering and Technique Dance Academy (5.40-7.30pm) Key Stage 4 Drama Club Boys Hockey Badminton Fitness Centre/Spin Classes KS4 Dance/Drama Rehearsal	Music School (inc. Theory Club) Junior Concert Band Rehearsal Synchronised Swimming Fitness Centre/Spin Classes Girls Hockey Girls Basketball (Academy)	Swim Squad AM
10	Swim Squad/Galas Boys Football (Dome) Fitness Centre/Spin Classes Girls Netball House Basketball Competitions	Music School Senior Concert Band Rehearsal Duke of Edinburgh (Bronze) Girls Football Training Boys Basketball (Academy) Water Polo Fitness Centre/Spin Classes Gymnastics 5.40-7.00pm KS4 Dance/Drama Rehearsal	Music School and Choir Dance – Limbering and Technique Key Stage 4 Drama Club Boys Hockey Badminton Fitness Centre / Spin Classes KS4 Dance/Drama Rehearsal	Music School (inc. Theory Club) Junior Concert Band Rehearsal Synchronised Swimming Fitness Centre/Spin Classes Girls Hockey Girls Basketball (Academy)	Swim Squad AM Girls Basketball
11	Swim Squad/Galas Fitness Centre / Spin Classes Girls Netball House Basketball Competitions	Music School Senior Concert Band Rehearsal Girls Football Training Boys Basketball (Academy) Water Polo Fitness Centre/Spin Classes Gymnastics 5.40-7.00pm KS4 Dance/Drama Rehearsal	Music School and Choir Dance – Limbering and Technique Key Stage 4 Drama Club Boys Hockey Badminton Fitness Centre/Spin Classes Boys Football (Dome) KS4 Dance/Drama Rehearsal	Music School (inc. Theory Club) Duke of Edinburgh Award (Silver/Gold) Synchronised Swimming Fitness Centre/Spin Classes Girls Hockey Girls Basketball (Academy)	Swim Squad AM Girls Basketball
Sixth Form	Fitness Centre/Spin Classes Girls Netball	Music School Senior Concert Band Rehearsal Water Polo Boys Basketball (Academy) Fitness Centre/Spin Classes Gymnastics 5.40-7.00pm KS4 Dance/Drama Rehearsal	Music School and Choir Dance – Limbering and Technique Fitness Centre/Spin Classes KS4 Dance/Drama Rehearsal	Music School (inc. Theory Club) Girls Hockey Duke of Edinburgh Award (Silver/Gold) Fitness Centre/Spin Classes	Girls Basketball
Elite Sport Fitness Centre	Football and Basketball Fitness Programmes	Football and Swimming Fitness Programmes	Netball and Football Fitness Programmes	Hockey and Football Fitness Programmes	

Notes: Footwear for Dome Football is moulded studs or trainers. Full kit including tracksuit should be worn

Our regional, national and international performers will access the Fitness Centre for specialist training by arrangement with Mr Wilderspin