



Weekday Extra Curricular Schedule 2020

Colour Key Guide At A Glance:

- SPORTS & LEISURE
- CLUBS
- MUSIC & PERFORMING ARTS
- PASTORAL

* Entries with this symbol denote compulsory sport sessions for Form 1 students

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45am - 8.40am: GYM CLASS Senior Boys Rugby	6.45am - 7.45am: SWIM CLUB TBC	7am - 7.40am: YOGA	7am - 7.40am: YOGA	6.45am - 7.45am: GYM CLASS Senior Boys Rugby
8.40am - 12.20pm: JAZZ BAND Rhythm Section	12.20pm - 1pm: ORCHESTRA Junior Sectional	8am - 8.40am: JAZZ BAND Singing	8am - 8.40am: CHOIR	8am - 8.40am: SWIM CLUB TBC
12.20pm - 1pm: STUDENT COUNCIL Junior Members	4pm - 4.40pm: YOGA	1.45pm - 2.45pm: HOCKEY Form 1 Boys & Girls	12.40pm - 1pm: ENVIRONMENTAL COMMITTEE Junior	8am - 8.40am: JAZZ BAND Brass Section
1pm - 1.40pm: STUDENT COUNCIL Senior Members	4.40pm - 5pm: RUGBY Form 2 Boys	1.30pm - 3pm: HOCKEY Senior Girls - Blue, Gold, Yellow Pods	1pm - 1.20pm: ENVIRONMENTAL COMMITTEE Senior	4pm - 4.40pm: ROWING Indoor Rowing Room
4pm - 4.40pm: ROWING Indoor Rowing Room	* 4pm - 5pm: HOCKEY Form 1 Boys	2pm - 3.30pm: RUGBY Senior Boys	1pm - 1.40pm: ORCHESTRA Senior Sectional	4.40pm - 5pm: RUGBY Form 1 Boys - OPTIONAL
* 4.40pm - 5pm: RUGBY Form 1 Boys	5pm - 6pm: HOCKEY Form 1 Girls	2.45pm - 3.30pm: RUGBY Senior Boys	4pm - 5pm: RUGBY Form 1 Boys	5pm - 6pm: RUGBY Form 2 Boys
5pm - 6pm: RUGBY Junior, Senior & TY Boys	6pm - 6.45pm: HOCKEY Form 2 Girls - OPTIONAL	3.30pm - 5pm: GYM CLASS Senior Boys & Girls	5pm - 6pm: RUGBY Senior & TY Boys	6pm - 6.45pm: RUGBY Form 1 Girls
6pm - 6.45pm: HOCKEY Form 2 Boys & Girls	6.45pm - 7.30pm: BASKETBALL Form 2 Girls	3.30pm - 5pm: HOCKEY Senior Boys & Girls - Navy Pods	6pm - 6.45pm: HOCKEY Form 2 Boys and Girls	6.45pm - 7.30pm: HOCKEY Form 1 Boys
6.45pm - 7.30pm: GYM CLASS Advanced - Senior Boys & Girls	7.30pm - 8.15pm: BADMINTON Junior Boys & Girls	3.45pm - 5pm: HOCKEY Junior Boys & Girls	7.30pm - 8.15pm: GYM CLASS Senior Boys & Girls	7.30pm - 8.15pm: BASKETBALL U16 Boys
7.30pm - 8.15pm: BASKETBALL U16 & U19 Girls	8.15pm - 9.00pm: GYM CLASS Senior Girls	3.45pm - 5pm: SWIM CLUB TBC	8.15pm - 9.00pm: BASKETBALL Form 2 Boys and Girls	8.15pm - 9.00pm: CRICKET NETS Form 2 & 3 Girls
8.15pm - 9.00pm: BADMINTON Junior Boys & Girls	9.00pm - 9.45pm: ATHLETICS Advanced	4pm - 5pm: GYM CLASS Senior Boys & Girls	9.00pm - 9.45pm: BASKETBALL Form 1 Girls - OPTIONAL	9.00pm - 9.45pm: GYM CLASS Senior Boys Rugby
9.00pm - 9.45pm: SWIMMING TBC	9.45pm - 10.30pm: SWIMMING TBC	5pm - 6pm: SWIMMING TBC	9.45pm - 10.30pm: BASKETBALL U16 Girls	9.45pm - 10.30pm: SWIMMING TBC
9.45pm - 10.30pm: RUNNING	10.30pm - 11.15pm: POTTERY	6pm - 6.45pm: GYM CLASS Senior Boys & Girls	10.30pm - 11.15pm: ATHLETICS Advanced	10.30pm - 11.15pm: YOGA
10.30pm - 11.15pm: WALKING	11.15pm - 12.00pm: DANCE	6.45pm - 7.30pm: SWIMMING TBC	11.15pm - 12.00pm: SWIMMING TBC	11.15pm - 12.00pm: DEBATING
11.15pm - 12.00pm: ARTISTIC PERFORMANCE Forms 2 to 6	12.00pm - 12.45pm: YOGA	7.30pm - 8.15pm: GYM CLASS Senior Boys & Girls	12.00pm - 12.45pm: RUNNING	12.00pm - 12.45pm: FILM CLUB
12.00pm - 12.45pm: ORCHESTRA TUTTI	12.45pm - 1.30pm: HOCKEY Junior Boys & Girls	8.15pm - 9.00pm: SWIMMING TBC	12.45pm - 1.30pm: WALKING	12.45pm - 1.30pm: ROWING Indoor Rowing Room
12.45pm - 1.30pm: BOOK CLUB	1.30pm - 2.15pm: BASKETBALL U16 Boys	9.00pm - 9.45pm: GYM CLASS Senior Girls	1.30pm - 2.15pm: YOGA	1.30pm - 2.15pm: BASKETBALL U19 Boys
1.30pm - 2.15pm: COOKING CLUB	2.15pm - 3.00pm: BADMINTON Senior Boys & Girls	9.45pm - 10.30pm: GYM CLASS Senior Boys (Outdoors)	2.15pm - 3.00pm: BOOK CLUB	2.15pm - 3.00pm: GYM CLASS Advanced - Senior Boys & Girls
2.15pm - 3.00pm: ROWING Indoor Rowing Room	3.00pm - 3.45pm: GYM CLASS Senior Girls	10.30pm - 11.15pm: SWIMMING TBC	3.00pm - 3.45pm: COOKING CLUB	3.00pm - 3.45pm: SWIMMING TBC
3.00pm - 3.45pm: HOCKEY Senior Boys & Girls	3.45pm - 4.30pm: SWIMMING TBC	11.15pm - 12.00pm: DANCE	3.45pm - 4.30pm: DEBATING	3.45pm - 4.30pm: CRICKET NETS Form 2 & 3 Boys
3.45pm - 4.30pm: BASKETBALL U19 Boys	4.30pm - 5.15pm: DANCE	12.00pm - 12.45pm: ARTISTIC PERFORMANCE Forms 2 to 6	4.30pm - 5.15pm: PHOTOGRAPHY	4.30pm - 5.15pm: GYM CLASS Senior Boys Rugby
4.30pm - 5.15pm: CRICKET NETS Form 2 & 3 Boys	5.15pm - 6.00pm: GYM CLASS Senior Boys (Outdoors)	12.45pm - 1.30pm: ORCHESTRA TUTTI	5.15pm - 6.00pm: POTTERY	5.15pm - 6.00pm: SWIMMING TBC
4.30pm - 5.15pm: GYM CLASS Senior Boys Rugby	6.00pm - 6.45pm: SWIMMING TBC	1.30pm - 2.15pm: BOOK CLUB	6.00pm - 6.45pm: VIRTUAL GAMES CLUB	6.00pm - 6.45pm: HOCKEY Junior Boys & Girls
4.30pm - 5.15pm: SWIMMING TBC	6.45pm - 7.30pm: DANCE	2.15pm - 3.00pm: COOKING CLUB	6.45pm - 7.30pm: HOCKEY Senior Boys & Girls	6.45pm - 7.30pm: BASKETBALL U19 Girls
5.15pm - 6.00pm: HOCKEY Senior Boys & Girls	7.30pm - 8.15pm: BASKETBALL U16 Boys	3.00pm - 3.45pm: DEBATING	7.30pm - 8.15pm: BASKETBALL U19 Girls	7.30pm - 8.15pm: GYM CLASS Senior Boys & Girls
6.00pm - 6.45pm: BASKETBALL U19 Boys	7.30pm - 8.15pm: BADMINTON Senior Boys & Girls	3.45pm - 4.30pm: PHOTOGRAPHY	8.15pm - 9.00pm: GYM CLASS Senior Boys & Girls	8.15pm - 9.00pm: GYM CLASS Senior Boys (Outdoors)
6.45pm - 7.30pm: GYM CLASS Advanced - Senior Boys & Girls	8.15pm - 9.00pm: GYM CLASS Senior Girls	4.30pm - 5.15pm: POTTERY	9.00pm - 9.45pm: POTTERY	9.00pm - 9.45pm: SWIMMING TBC
7.30pm - 8.15pm: SWIMMING TBC	9.00pm - 9.45pm: GYM CLASS Senior Boys (Outdoors)	5.15pm - 6.00pm: VIRTUAL GAMES CLUB	9.45pm - 10.30pm: SWIMMING TBC	
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Schedules for Music & Drama lessons will be posted on the Music noticeboards and in the Performing Arts room

All students must sign up to their chosen activities on SOCS - <https://socscms.com/login/1908>

Forms 1 to 4 must participate in extra-curricular physical activity at least 2 days per week

Announcements and updates regarding extra-curricular and sporting activities will be posted on the school TV screens each day

If a student is unable to attend their chosen activity on any given day, they must notify their teacher/coach

Subject to change: Whilst we do our best to ensure the times listed are accurate, they are subject to change so please check the TV screens daily for any changes

Any queries can be sent to: sports@the kingshospital.ie and/or sportsandeca@the kingshospital.ie

Subject to change