



Secondary School

Extra Curricular Sports Program No. 1

Date: From 31th August to the 22th of October (Period 1: 16h00-17h15)

	Activity	Age/Group	Rendez-Vous	Coach
Monday	Varsity Soccer Team Moy.Vars. Soccer Team Basketball Weight Training Boarding Tennis (adv.) Aerobics Archery Low impact Running Table Tennis Boarding Sailing	Boys (92-94) Boys (95-96) Boys (92-96) Boys (92-94) Mixed (92-94) Girls (92-96) Mixed (92-96) Girls (92-98) Boys (92-96) Boys (92-96)	Sports field Sports field Primary school court Fitness Room High school courts Fitness Club Concha Primary school Outside courts Parking	Coach Pierre Q/Tutor Coach Cowell Coach /Hugo/T Coach Irina Coach Alain Coach Melina Coach Jack Tutor Tutor Club/Tutor
Tuesday	J.V Soccer Team Boarding Soccer Boarding Tennis (Bg/Int) Boarding Biking Weight Training Mid. Sch. Cheerleading	Girls ((97-98) Concha Group Girls (96-98) Girls (94-97) 'Girls(92-94) Mixed gr.6-8 th	Sports field Sports Field High school courts Concha Fitness Room High School Dome	Co. Pierre Q/Melina Coach Scott Coach Alain/Tony M Tutor/Tutor Coach Hugo Co. Catalina/Jamie
Wednesday	Varsity Soccer Team Boarding Soccer Boarding Tennis (Bg/Int) Weight Training Boarding Walking Boarding Horseback Creative Dance Badminton Boarding Yoga	Girls (92-95) Boys (92-96) Boys (92-97) Mixed (92-94) Girls (92-97) Mixed (92-97) Mixed (92-97) Mixed (92-94) Mixed	Sports field Sports fields High school courts Fitness Room Primary School Parking Cervin Aud. Primary Dome Pre-school Dance Room	Coach Pierre Q/Sandra Co. Scott Coach Alain/Melina Coach Hugo Alia Club Ms. Adela Coach Tony M Coach Adela
Thursday	J.V Soccer Team Golf Archery Weight training Rugby Varsity Volleyball Boarding Biking Adv.	Boys (97-98) Mixed (92-96) Mixed (92-96) Boys (92-94) Boys (92-95) Girls (92-96) Mixed (92-97)	Sports Field Parking Concha Fitness Room Sports Field High school Concha	Coach Pierre Q/ Scott Coach Hugo Coach Melina Coach Alain Co Swallow/Fernandez Co. Irina/Jack Tutor/Tutor
Friday	Soccer (15h45) Basketball (15h45) Hip-Hop Weight Training Table Tennis	Mixed (99-00) Mixed (99-00) Girls Grade 5/6 Mixed (92-94) Boys (92-96)	Sports Field Primary School Fitness Room Fitness Room Outside Tables	Co Pierre/Mike V /Mel/Alain Coach T/SCA SCA Coach Jack Tutor