

**P.E. & 5X60 EXTRA CURRICULAR TIMETABLE FROM SEPTEMBER 2013**

DAY	CLUB	WHERE	WHEN	WHO
MONDAY	<b>CROSSFIT</b>	<b>JUDO HALL</b>	<b>12.35 – 1.15</b>	<b>YR 7-9</b>
	BASKETBALL/BADMINTON/FITNESS SUTE	SPORTSHALL	12.35 – 1.15	GCSE PE GROUP
	HOCKEY	ASTRO	12.35 – 1.15	YR 7-9
	<b>LC CLUB</b>	<b>LEISURE CENTRE</b>	<b>3.35 – 4.45</b>	<b>YR 7-11</b>
TUESDAY	BOYS RUGBY	ASTRO	12.35 – 1.15	YR 7 – 9
	GYMNASTICS CLUB	GYM HALL	12.35 - 1 .15	YR 7 – 11
	<b>GIRLS RUGBY</b>	<b>BARN, CARMARTHEN</b>	<b>3.45 – 5.00</b>	<b>YR 7 – 10</b>
	HOCKEY	ASTRO	3.45 – 5.00	YR 10 - 13
WEDNESDAY	<b>DODGEBALL LEAGUE</b>	<b>JUDO HALL</b>	<b>12.35 – 1.15</b>	<b>YR 9</b>
	LIFESAVING CLUB	POOL	12.35 – 1.15	YR 7 – 11
	BOYS FOOTBALL	ASTRO	12.35 – 1.15	YR 7 & 8
	NETBALL	SPORTSHALL	12.35 – 1.15	YR 7
	<b>GIRLS RUGBY</b>	<b>ASTRO/FIELD</b>	<b>3.35 – 4.45</b>	<b>YR 11 – 13</b>
	<b>SHOOTING / GOLF</b>	<b>GO SPORT, C'THEN</b>	<b>3.35 – 5.00</b>	<b>YR 7 – 11</b>
	NETBALL	SPORTSHALL	3.35 – 4.45	YR 8 - 13
THURSDAY	BOYS FOOTBALL	ASTRO	12.35 – 1.15	YR 9 & 10
	NETBALL	SPORTSHALL	12.35 – 1.15	YR 10 & 11
	<b>KETTLEBELLS</b>	<b>DANCE STUDIO</b>	<b>12.35 – 1.15</b>	<b>YR 7 – 11</b>
	HOCKEY	ASTRO	3.35 – 5.00	YR 7 - 11
FRIDAY	<b>CROSSFIT</b>	<b>JUDO HALL</b>	<b>12.35 – 1.15</b>	<b>YR 10 – 13</b>
	<b>GIRLS FOOTBALL</b>	<b>ASTRO</b>	<b>12.35 – 1.15</b>	<b>YR 7 - 11</b>

KEEP UP TO DATE WITH ALL CLUB NEWS THROUGH FOLLOWING OUR TWITTER ACCOUNT [QEHSP5X60](#)

**5 X 60 CLUBS**

**P.E. CLUBS**

