

# HOUT BAY INTERNATIONAL SCHOOL SOUTH AFRICA

## TERM 4, 2017 SENIOR PRIMARY

Extra-Curricular Activities starting on Monday, 09 October until Friday 01 December 2017.  
8 Weeks of Extra-Curricular Activities

DAY	CLUB	TIME	NOTES
MON	*Piano $\frac{1}{2}$ hr lesson (Mon or Wed)	In School Hours	By Lynette de Speville
	U10 Cricket Practice/ <b>MATCHES</b>	14:30-17:00	U10 Cricket team playing in regular matches where weekly team selection takes place. Attendance at Wednesday practice compulsory.
	PYP 5&6 Tennis	14:30-15:30	Group tennis lead by Chris De Koker and assisted by a member of staff.
	Chess Club	14:30-15:30	Chess club presented by coach Piotr Lipinski
	SNAG Golf	14:30-15:30	Exciting introduction and stroke development for golf by Nick van Schalkwyk
	Development Swimming @Dominican Grimley	14:45 - 15:30	Training across the width of the pool for stroke development by Splash Swim School. Parents responsible for own transport.
	Intense Gala Preparation Swimming @ Dominican Grimely	<b>16:30-17:15</b>	Intense training with Splash Swim School for strong gala swimmers. Strength, stroke and fitness. Parents responsible for own transport.
	*Club Electron - NO NEW MEMBERS	14:30-15:30	Electronics club which starts with the basics and lead to programming your robot. YEAR LONG commitment needed. No new members in Term 2.
	*Judo	14:30-15:30	Jason Milbank present this martial art at school.
	*Cooking Club with Althea (8 Classes)(B)	<b>15:30-17:30</b>	Cooking and baking lessons with Althea Naude. Collection from 138 Albert Rd.

TUES	U12 Cricket Practice/ <b>MATCHES</b>	14:30-17:30	U12 Cricket team playing in regular matches where weekly team selection takes place. Attendance at Thursday practice compulsory.
	PYP 3&4 Tennis	14:30-15:30	Group tennis lead by Chris De Koker and assisted by a member of staff.
	PYP 5&6 Computer Club - Basic Programming using <i>Scratch</i>	14:30-15:30	Presented by Mrs Davies; Own laptop not a necessity
	SP Singing Club - <i>Take Note</i>	<b>15:30-16:30</b>	Singing Group for boys and girls presented by Lauren Brown.
	Eco Club	14:30-15:30	Ecological awareness help in the school herb garden
	Development Swimming @Dominican Grimley	14:45 - 15:30	Training across the width of the pool for stroke development by Splash Swim School. Parents responsible for own transport.
	*Games 4 Brains (Min 10)	14:30 - 15:30	Various board games presented Natascha Brown and Cassandra Money
	*Clay Creations	14:30-15:30	Art classes using the medium of clay by Alfred Kagaba
	*Dance Mouse (Yr.3-6) (B)	14:45-15:30	Very popular Dance club. Collection from Hout Bay community hall.

WED	U10 Cricket Practice	14:30-15:45	U10 Cricket team practices with Coach Scott Hewitt.
	PYP 5&6 Tennis	14:30-15:30	Group tennis lead by Chris De Koker and assisted by a member of staff.

WED	Softball for GIRLS (No Matches)	14:30-15:30	Social sport for girls - no match fixtures.
	SP Drama Club	14:30-15:30	Drama and performance club by Ms Schlunz
	Development Swimming @Dominican Grimley	14:45 - 15:30	Training across the width of the pool for stroke development by Splash Swim School. Parents responsible for own transport.
	Swimming - Speed Work and timing session @Dominican Grimley	15:30-16:15	Speed work and timing in preparation for teams and galas by Splash Swim School. Parents responsible for own transport.
	*Sente SA Go Club	14:30-15:30	Popular Asian boardgame, GO, by Dave Katz. Teaching the game and inhouse tournaments.
	*Mosaic Workshop	14:30-15:30	Instruction in the art of mosaic, all materials supplied, by Elke Losskarn.
	*HBIS Football Stars Off-Season Football for boys & girls (Min 10)	15:30-16:30	Off season Football club presented by Coach Nic and Coach Riccardo
	*Games 4 Brains	15:30-16:30	Various board games presented Natascha Brown and Cassandra Money

THUR	U12 Cricket Practice	15:00-16:00	U12 Cricket team practices with Coach Scott Hewitt.
	PYP 3&4 Tennis	14:30-15:30	Group tennis lead by Chris De Koker and assisted by a member of staff.
	Art Club	14:30-15:30	Extension of classroom art by Ms Stuart-Steer
	*Beginners Surfing - Hout Bay/Llandudno (B)	15:00-16:00	Surfing for beginners presented by Cape Town Surf Adventures. Parents collect from the venue.
	*Group Recorder	In School Hours	By Heather Roth
	*Wind Instrument/Piano Individual Lesson	In School Hours	By Heather Roth
	*Children's Yoga	14:30 - 15:15	Children's yoga sessions with meditation time by Jeanne Welsh and Nia Thorpe

FRI	Swimming: Intense Gala preparation and occasional gala @Dominican Grimley (B)	14:30-15:30	Intense training with Splash Swim School for strong gala swimmers. Strength, stroke and fitness. Most galas also on Fridays.
	Outdoor Ed (PYP 5&6 only)	14:30-17:00	Outdoor pursuits with various adventures. Runs fortnightly as per calendar.
	*Cricket Clinic	14:30-16:00	Cricket clinic focusing on specific individual skills of the game by Scott Hewitt.

Please note that the team sports expect a 2 day commitment where applicable - one to the PRACTICE and one to the MATCH. We also ask for a 2 term commitment to team sports such as swimming and cricket (Term 1 & 4).

It is preferred that students have the correct equipment for sports, i.e. tennis racquet, and students who participate in swimming will be expected to purchase a school costume for training and galas.

Please contact [kobus.stofberg@iesmail.com](mailto:kobus.stofberg@iesmail.com) for any queries