



Years 7 – 12 Face to Face Sports Sessions

TERM 2 WEEK 4

Sessions are available to all students who are allocated to attend school on that day. Please check times and venues.

	Mon 18 May	Tue 19 May	Wed 20 May	Thu 21 May	Fri 22 May
7:00 – 8:00am (arrive before 6:55am)	Hockey Skills Years 7-12 TOP COURT + Netball Skills Years 7-12 SPORTS HALL	Pilates Years 7-12 OLD GYM + Basketball Years 10-12 SPORTS HALL and TOP COURT	Fitness Years 7-12 SPORTS HALL	Fitness Years 7-12 OLD GYM / LAWN + Yoga Years 7-12 AUDITORIUM + Basketball Years 7-9 SPORTS HALL and TOP COURT	Pilates Years 7-12 OLD GYM + Netball Skills Years 7-12 SPORTS HALL + Cross Country Years 7-12 MEET AT SPORTS HALL AT 6:40AM Email Ms Thompson if you are planning to attend ↓
3:15 – 4:30pm	Strength, Speed & Conditioning Years 7-12 OLD GYM	Football Years 7-12 TOP COURT	Football Years 7-12 TOP COURT	Football Years 7-12 TOP COURT + Strength, Speed & Conditioning Years 7-12 OLD GYM	LisaThompson@scegggs.nsw.edu.au

What you need for each session at school:

- ✓ PE Uniform
- ✓ Sports appropriate shoes / joggers / runners
- ✓ Water bottle

