Monifieth High School

Extra- Curricular Programme

	Monday		Tuesday		Wednesday		Thursday	
Lunch 13.30-14.00	Basketball (Games Hall)	Mr Paterson/Chris Kindlen	Dance (Dance Studio)	Mrs Adamson	Badminton (Games Hall)	Mr McFarlane	5-a-side Inter Cup (Games Hall)	Mr Sludden
	Table Tennis (Gym)	Sports Leaders	Hockey (Games Hall)	Grove/Menzieshill Hockey Club	Fitness S4-S6	Seniors	Trampolining Club	Mrs Buist
	Fitness S4-S6 (Fitness Suite)	Seniors	Fitness S4-S6 (Fitness Suite)	Seniors	Staff Swim (Pool)	Mrs Placentino	Fitness S4-S6 (Fitness Suite)	Seniors
	Staff Swim (Pool)	Mrs Placentino					Pupil Swim (Pool)	Mrs Placentino
Afterschool 16.00-17.00	Senior Netball (Games Hall)	Senior Leaders	Fixtures (Games Hall)	Used for any Scottish Cup and League Matches	Junior Netball (Games Hall)	Senior Leaders	Boys and Girls Rugby Training (Grass Pitches)	Mr Lockhart Mr Hopkins Mr Shering
	P7-S1 Table Tennis (Gym)	David Hay			Cricket Training (Gym)	Mr Rajcoomar		
Friday Afterschool	Staff 5-a-side Football (1.30-2.30pm)							