

RUSTENBURG JUNIOR SCHOOL EXTRA-MURAL PROGRAMME

1ST/ 4th TERM 2012: GR 3 – 7

ALL EXTRA- MURALS will start 23/1/11

ALL PUPILS FROM GR 3-7 MUST PARTICIPATE IN BOTH A SUMMER AND A WINTER SCHOOL SPORT. THESE ACTIVITIES ARE SHADED IN GREY.

\$ Activities that have a fee # Certain activities have a limit on the number of children they can accommodate

All girls who play team sport must wear the official team vest for matches.

MONDAY:

ACTIVITY	GRADE	VENUE	TIME	CONTACT PERSON
Team swimming	U8, U9, U10	Grotto	14h45 – 15h30	Miss Britz, Mrs McCallum, Miss Ussher
Tag Rugby	U11, U12, U13	Grotto	15h30 – 16h15	Mrs Richards, Miss Williams, Mr Langheim
General Diving	5,6,7	UCT	14h45-15h30	Miss Forcioli ,Miss Smith,coach
General Tennis	3,4	UCT	15h30-16h15	
	3,4	Grotto	14h45-15h30	Mr van Rooyen, Mrs Piers
	3,4	School	14h45-15h30	Miss Walters, Mrs Gourlay
	5,6,7	Grotto	14h45-15h30	Miss Mthembu, Miss Lunn
Early Act	4&5	Mrs Steven's Classroom	14h30 – 15h30	Mrs Stevens
Early Act	6&7	Ms Meredith's Classroom	14h30 – 15h30	Ms Meredith
Computer Club	3-7	Computer Room	14h30-15h30	Mrs Speed
Orchestra	4-7	Orchestra Room	14h30-15h30	Mrs Gelderblom
Percussion	4-7	Orchestra Room	07h30-08h00	Ms Roselt
\$ Modern Dancing	3,4	Foyer /Hall	14h45 – 15h30	Ms Anderson
\$ Modern Dancing	5,6,7	Foyer /Hall	15h30 – 16h15	Ms Anderson

TUESDAY:

ACTIVITY	GRADE	VENUE	TIME	CONTACT PERSON
Open Swimming	1-7	Grotto	06h30-07h30	Mr Langheim
Water polo	5,6,7	Grotto	14h45-15h45	Miss Jacobs, Miss Joubert, Miss Jobson
Athletics	3,4	UCT	14h30-15h30	Miss Mthembu, Barrish-Liddle
African Dance	3-7	Foyer	14h30-15h30	Mrs Mtsi
Senior Choir	4 -7	Hall	07h30 – 08h00	Mr Marais, Mrs Stoffberg
Orff Group	4 -7	Orchestra Room	07h30 – 08h00	Mrs Thorpe
Art and Craft Club	4-7	Art Room	14h30 – 15h30	Miss Ludik
Computer Club:	3-7	Computer Room	14h30 - 15h30	Mrs Udal
\$ Ballet	3-4	Hall	14h45-15h30	Mrs Lewis
	5,7	Hall	15h30-16h15	
\$ Living Maths	6,7	Mrs Dallas' classroom	07h10-08h00	Mr Sherman
\$ BVTs Tennis	3-7	School	14h40-15h40	Miss Visee

WEDNESDAY

ACTIVITY	GRADE	VENUE	TIME	CONTACT PERSON
Mini Cricket Team swimming (B team and non club swimmers) Water polo Team Tennis	3,4 U 9,10 11,12,13 6,7 U11 U13	School Grotto Venues alt match day School School	14h30 – 15h30 14h45-13h30 15h30-16h15 17h00-18h00 14h40-15h40 15h40-16h40	Mrs Gourlay, Mrs Barrish-Liddle Mr Langheim,coaches Miss Joubert, Miss Jacobs, Miss Jobson Miss Visee, Miss Kerr Miss Visee, Miss Kerr
Junior Choir Orchestra	2-3 4-7	Hall Orchestra Room	07h30 – 08h00 07h30 – 08h20	Mrs Roselt Mrs Gelderblom
Bridge Computer Club Environmental Science	4-7 3-7 5-7	Technology Room Computer Room Mrs Davids' Classroom	07h15 – 08h00 14h30 – 15h30 14h30 – 15h30	Mrs Braude Miss Hewitt Mrs Davids
\$ Drama Club	3-5 6,7	Hall/Foyer/ Orchestra/Room	14h45-15h30 15h30-16h30	Mrs Marek/Mrs Tobias

THURSDAY

ACTIVITY	GRADE	VENUE	TIME	CONTACT PERSON
Tennis Team Matches General Diving General Swimming Seals swimming Water polo	All Teams 5,6,7 3-7 3-7 6,7	Various Grotto Grotto Grotto Grotto	14h30 – 17h00 14h45-15h30 14h45 – 15h30 14h45-15h30 15h30 – 16h30	Mrs Speed, Mrs McAllister, Miss Kerr, Mrs Stevens, Mrs Piers Miss Roberts Miss Walters, Miss Lunn Miss Bakker Miss Jacobs, Miss Joubert, Miss Jobson
\$ Ballet	3-4 5-7	Orchestra room/Classroom	14h45-15h30 15h30-16h15	Mrs Lewis
\$ Gymnastics	3-7	Hall	14h30 – 17h30	Mrs Hopkins
Computer Club Creative Handwork Senior Choir Junior Orff	3-7 4-6 4-7 3	Computer Room Mrs Thompson classroom Hall Orchestra Room	14h30 – 15h30 14h30 – 15h30 07h30 – 08h20 07h30 – 08h00	Miss Ludik Mrs Thompson Mr Marais, Mrs Stoffberg Mrs Thorpe

FRIDAY:

ACTIVITY	GRADE	VENUE	TIME	CONTACT PERSON
Swimming Galas	Team Members	Various	14h30 – 16h00	Miss Britz, Mrs McCallum, Miss Ussher, Mr Langheim
Water polo Matches	6,7	Various	TBC	Mrs Richards, Miss Jacobs, Miss Joubert, Miss Jobson
Bridge	4-7	Technology Room	07h15 – 08h00	Miss Braude
Jnr Choir	2,3	Foyer	12h30-13h00	Ms Roselt
Jnr Orff	3	Hall	07h30-08h00	Mrs Thorpe
Computer Club	3-7	Computer Room	13h00-13h30	Miss Hewitt
\$ Living Maths	3-5	Mrs Dallas Class room	07h10 – 08h00	Mr Sherman
\$ Judo	3-7	Hall	13h00-13h50	Mr Geustyn
\$ BV Tennis School	3,4,5	School Courts	13h15 – 14h15	Miss Viseé
\$ BV Tennis School	6,7	School	14h15 – 15h15	Miss Viseé
\$ Clay station	3-7	Art Room	14h00 – 15h00	Ms MacRitchie
\$ Modern Dancing	ALL	Foyer	13h15-14h00	Mrs Anderson
			14h00-14h45	
\$ Ballet	3-4	Class room	13h15-14h00	Mrs Lewis
	5-7		14h00-14h45	
\$ Marimbas	5,6,7	Orchestra Room	13h00-13h30	Miss Johnson

WATER POLO: This is offered to Grade 5-7 only. Staff are available to walk girls to Grotto from the top gate after school. Trials will take place on Tuesday/Thursday during the first week of extra-murals. Girls are expected to attend both trial days. No more than 30 girls will be selected for the squad. Selection into the squad is not a guarantee that girls will play in all the matches. Match teams are made up of Grades 6&7 pupils only. Selection criteria: Good Swimmer; Ability to use a ball in water skilfully; ability to withstand physical contact.

DIVING: A Maximum of 12 girls per session may attend General Diving. If numbers exceed this Mr van Rooyen will have a selection process.

SWIMMING: All girls are welcome to try out for the swimming team. The fastest 8 girls from each age group will be selected to join the 1st swimming team, the next 6 girls per age group will be selected for the B team, they will not swim in gala's on a Friday and only have to attend Wednesday practices. General swimming is for any girl from Gr3-7. Seals Swimming is for girls who need more individual help with their swimming. Only those pupils who receive a letter may attend. Open Swimming on a Tuesday morning is open to any Gr1-7 pupil and parent who would like to train distance in the morning. No stroke correction just your own lap training.

TENNIS: Team tennis is offered to girls in Grades 4-7. There are two age groups U11 & U13. A tennis team consists of 4 players. The league only allows for a maximum of two U11 teams and four U13 teams. Girls have to be able to serve from the backline in order to be considered for team tennis. Team practices are on Wednesday from 14h40-15h40 at school and Grotto. Tennis matches are played on a Thursday from 14h30-16h30. Girls who do not make a tennis team, may play general tennis on a Monday from 14h45-15h30. Private tennis coaching is also offered.

COACHES	ACTIVITY	NUMBERS		Heads of school sport:	Sports line: After 13h30	021 6891983
Mrs Johnson	Crazy Craft	0832710894		Head of Sport	Miss Forcioli	jmmfor@rgjs.org.za
Miss Viseé	Tennis	082 557 2990	021 683 4066	Sports Administrator	Mrs McCallum	judy@rgjs.org.za
Mrs Lewis	Ballet	073 276 8001	021 697 2961	Swimming	Mr Langheim	dyllan@rgjs.org.za
Mrs Marek	Drama	083 628 2525	021 797 5801	Water polo	Miss Joubert	clairejj@rgjs.org.za
Mrs Tobias	Drama	083 635 8300		Cross-country	Mrs McCallum	wenvan@rgjs.org.za
Mr Geustyn	Judo	082 702 7574	021 510 3696	Tennis	Miss Kerr	tamker@rgjs.org.za
Mrs Hopkins	Gymnastics		021 782 2656	Hockey	Mrs McAlister	joannec@rgjs.org.za
Ms Mac Ritchie	Clay Station	083 651 2540		Netball	Miss Forcioli	jmmfor@rgjs.org.za
Mrs Audrey Anderson	Modern Dancing	083 566 5784	021 790 1475	Tag Rugby	Miss Forcioli	jmmfor@rgjs.org.za
Mr Steven Sherman	Living Maths	083 308 3883	021 7125111	Music Department	Mr Marais	marais@rgjs.org.za
Mr van Royen	Diving	0828634302		All other sport	021 6891981	

