SMC Sport - After School Extra-Curricular Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Cheer Y7-11 in the NSH Full PE kit Meet: Changing rooms 2 & 3 Cheer Leading Coach	**Netball** Year 7 - 10 on the MUGA/ACAD Full PE kit Meet: Changing rooms 3&4 Mrs Walker & Miss Sowersby	**Rugby** Year 7-11 on the FIELD/4G Full PE kit Meet: Changing rooms 3&4 Mr Bean	**Indoor Rackets** Y7-11 in the Academy Trainers only Meet in the the Academy Mr Mumby	**Table Tennis** Y7-11 in the NSH Full PE kit Meet in the NSH SMC Table Tennis Coach
Fitness Y7-11 Fitness Suite Full PE kit Meet: Changing rooms A & B Academy Staff	**Fitness** Y7-11 Fitness Suite Full PE kit Meet: Changing rooms A & B Academy Staff	**Fitness** Y7-11 Fitness Suite Full PE kit Meet: Changing rooms A & B Academy Staff	**Fitness** Y7-11 Fitness Suite Full PE kit Meet: Changing rooms A & B Academy Staff	**Fitness** Y7-11 Fitness Suite Full PE kit Meet: Changing rooms A & B Academy Staff
	Basketball Y10-11 in the NSH Fulll Kit Meet in the Academy Mrs Dean	**Trampolining** Competition invite on the Trampolines Full PE kit Meet: Changing rooms 7 & 8 Mrs Crawforth	**Table Tennis** Y7-11 in the NSH Trainers only Meet in the NSH SMC Table Tennis Coach	