

Sprowston Extra-Curricular Sports Clubs April-July 2019

All clubs are free, just turn up and get stuck in.

	Monday	Tuesday	Wednesday	Thursday	Friday
8am – 8.40am	Open sports Sports hall - Mr Panayi	Open sports Sports hall - Mr Panayi	Open sports Sports hall - Mr Panayi	Open sports Sports hall - Mr Panayi	Open sports Sports hall - Mr Panayi
Lunch time 12.30 – 1.15	Fitness suite - Mr Schamp Y9 & 10 cricket Sports hall/gym –Mr Panayi/Mr Richards	Fitness suite - Mr Schamp Swimming club Pool - Mrs Dyer Y8 cricket Sports hall/Gym - Mr Richards	Fitness suite - Mr Schamp Girls cricket Sports hall/Gym- Mrs Dyer/Miss Kersey	Fitness suite - Mr Panayi	Fitness suite - Mr Richards Y7cricket Sports hall/Gym Mr Panayi
After School 3.25pm – 4.30pm	Dance club Dance studio/Gym – Miss Balmayer/Mrs Bugdale Girls football (all years) CSF coach/Ms Kersey	Rounders (all years) Ms Kersey/Mrs Dyer Boys cricket Mr Panayi/Mr Richards	Athletics (all years) All staff	Girls Active (including rounders) Miss Kersey & Girl active leaders Table tennis Main hall – Mr Schamp	Girls cricket Mrs Dyer/Miss Kersey Friday fitness Fitness suite Mr Panayi