

Co-Curricular Directory Michaelmas Term 2025



I would like to welcome pupils, colleagues and parents to our co-curricular activity programme. This document summarises all the training, clubs, societies and activities for the Michalemas Term 2025 (all listed events are subject to change, but pupils will be informed prior to changes). Pupils should review the clubs list and consider which clubs they would like to do.

The form to sign up will be sent out to pupils.

With best wishes,

Bobby Skelton
Assistant Head Co-Curricular

Structure of the Week | College

M	onday
Swin	n Training
Boarde	rs' Breakfast
08:30	Tutor and Registration
08:40	Head Master's Assembly
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Activities
14:30	Period 5 & Registration
15:25	Period 6
16:15	Activities
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim

Tu	esday
Swin	n Training
Boarde	rs' Breakfast
08:30	Tutor and Registration
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Period 5 & Registration
14:50	Sport &
15:25	Wellbeing
16:15	
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

Wed	dnesday
Swir	n Training
Boarde	rs' Breakfast
08:30	House Time
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Activities
14:30	Period 5 & Registration
15:25	Period 6
16:15	Activities
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

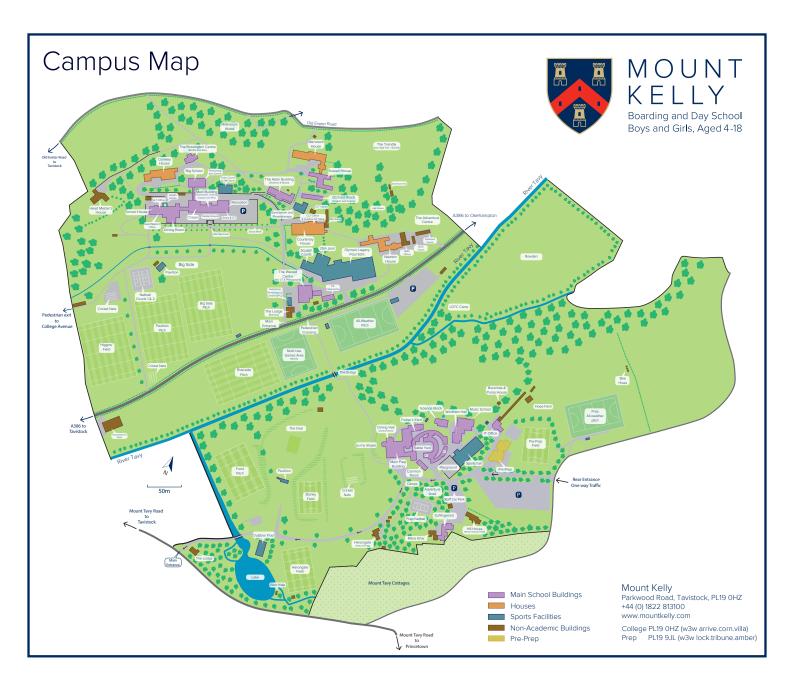
Th	ursday
Swir	n Training
Boarde	ers' Breakfast
08:30	Tutor and Registration
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Activities
14:30	Period 5 & Registration
15:25	Period 6
16:15	Sport & Wellbeing or Swimming
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

F	riday
Swin	n Training
Boarde	rs' Breakfast
08:30	Tutor and Registration
08:40	Chapel
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Period 5 & Registration
14:50	Service or
15:25	Swimming
16:15	
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

Saturday

From Year 7, our sports teams play a number of Saturday morning fixtures and pupils that are selected for a team are expected to play. Saturday morning training runs for all our performance swimmers and footballers, unless they are engaged in competition or matches.

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Monday

	Timings	Activity	Venue	Year Groups
Before School	05:50 - 07:50	Elite Training 1 &2	Swimming Centre	Squad
ne	13:05 - 14:05	School Squad Training	Swimming Centre	Squad
htin	13:05 - 14:05	Sprint Training	Swimming Centre	Squad
Lunchtime	13:05 - 13:50	Cricket Nets	Sports Hall	Selected Only
	13:55 - 14:30	Play rehearsals	Big School	9 - 13
	16:15 - 17:35	Chess	M9	9 - 13
	16:15 - 17:35	Dance - Jazz & Musical Theatre*	Big School	9 - 13
	16:15 - 17:35	College Band	Music	9 - 13
	16:15 - 17:35	Debating/MUN	M4	9 - 13
	16:15 - 17:35	Academic Clinics	HOF's	9 - 13
	16:15 - 17:35	Book Club	Orchard Block	9 - 11
	16:15 - 17:35	Computing Club	ТВС	9-11
5	16:15 - 17:35	Art & DT Workshops	Westall Centre	11 & 13
Afternoon	16:15 - 17:35	UCA <mark>S D</mark> rop In	Sixth Form Centre	12 & 13
fer	16:15 - 17:35	Science Club	S1	9 - 11
₹	16:15 - 17:35	Biomedical society	S2	12 - 13
	16:15 - 17:35	Entrepreneurial club	M3	9-11
	16:15 - 17:35	Squash	College Courts	9 - 13
	16:15 - 17:35	Core Sport Fitness	Astro	11 - 13
	16:30 - 18:30	Middle Training	Swimming Centre	Squad
	16:30 - 18:30	Distance Training	Swimming Centre	Squad
	16:30 - 17:30	Elite 2 Gym	Gym	Squad
	16:15 - 17:35	EAL Clinic	O2	9 - 13
	17:00 - 18:30	PP Training	Swimming Centre	Squad
	18:30 - 19:30	TPP Juniors Gym	Gym	9-11
100	18:00 - 20:00	Performance Football (HP)	MUGA	Squad
Schi	18:00 - 20:00	Performance Football (Potential)	MUGA	Squad
After School	18:30 - 20:30	Elite 1&2 Training	Swimming Centre	Squad
Aft	19:30 - 20:30	Distance Gym	Gym	Squad
	19:30 - 20:30	Boarders Gym	Gym	9 - 13

Tuesday

	Timings	Activity	Venue	Year Groups
loo	05:50 - 07:50	Elite 1	Swimming Centre	Squad
ę,	05:50 - 07:50	Distance Training	Swimming Centre	Squad
Before School	05:50 - 07:50	Sprint Training	Swimming Centre	Squad
for	07:00 - 08:15	Cricket Nets	Sports Hall	Selected Only
Be	Alexander A. Williams		48	. 4.0
ne	13:00 - 14:50	Performance Football Gym	Gym	Squads
達	13:05 - 14:05	Core Sport Clinic - Rugby	Riverside	Selected Onl
Lunchtime				Same
3		Salah Raja Maka		Something.
	14:45 - 15:45	Middle Gym	Gym	Squad
	14:40 - 16:15	Senior Boys' Rugby	Big Side	11-13
	14:40 - 16:15	Inters Boys' Rugby	Pavilion	9 - 10
	14:40 - 16:15	Inters Girls' Hockey	Main Astro/ MUGA	9 - 10
	14:40 - 16:15	Badminton	Sports Hall	11 - 13
	14:40 - 17:35	Recreational Running	Moor	12 & 13
	14:40 - 17 :35	Walk on The Moor	Moor	9 - 13
	14:40 - 16:15	Triathlon	Bike Room/Moor	Selected On
	14:40 - 16:15	Tennis (First Half of Term Only)	College Courts	9 - 13
	14:40 - 16:00	Performance Football (HP)	Higgins	Squad
	14:45 - 16:45	Distance Training	Swimming Centre	Squad
	14:45 - 16:45	Elite 1&2 Training	Swimming Centre	Squad
<u> </u>	15:45 - 16:45	Sprint Gym	Gym	Squad
ou ou	16:00 - 17:35	Senior Girls' Hockey	Main Astro	11-13
Afternoon	16:00 - 17:35	Performance Football Analysis (HP)	M4	Selected Onl
₹	16:00 - 17:35	Performance Football (Potential)	Herongate	Selected Onl
	16:35 - 17:35	Squash	College Courts	9-11
	16:35 - 17:35	Play rehearsals	Big School	9 - 13
	16:35 - 17:35	Table Tennis	Sports Hall Balcony	9 - 11
	16:35 - 17:35	Senior Boys' Football	Riverside	11 - 13
	16:35 - 17:35	Inters Boys' Football	MUGA	9 - 10
	16:35 - 17:35	Tennis (First Half of Term Only)	College Courts	9 - 13
	16:35 - 17:35	Basketball	Sports Hall	9 - 13
	16:35 - 17:35	Supervised Study (Years 11 & 13)	Library	11 & 13
	16:45 - 18:45	Sprint Training	Swimming Centre	Squad
	16:45-18:45	Middle Training	Swimming Centre	Squad
	16:45 - 18:45	PP Training	Swimming Centre	Squad
	17:00 - 18:00	Elite 1 Gym	Gym	Squad
-	18:00 - 19:00	TPP Seniors Gym	Gym	Selected Onl
þ	18:45 - 20:30	School Squad Training	Swimming Centre	Squad
r Sc	S Colonial C			
After School	A.		J D STATE OF THE S	
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Wednesday

	Timings	Activity	Venue	Year Groups
0	05:50 - 07:50	Elite 2 Training	Swimming Centre	Squad
cho	05:50 - 07:50	PP Training	Swimming Centre	Squad
e Š	05:50 - 07:50	Middle Training	Swimming Centre	Squad
Before School	07:00 - 08:00	Cricket S&C Gym	Gym	Selected Only
ă				
a	13:05- 14:05	Middle Training	Swimming Centre	Squad
Ë	13:05-14:05	Elite 1&2 Training	Swimming Centre	Squad
Lunchtime	13:05-14:05	Sprint Gym	Gym	Squad
בֿ	13:55 - 14:30	Chamber Choir	Chapel	9 - 13
	13:55- 14:30	Book Club	Orchard Block	9 - 11
	16:15 - 17:35	Play rehearsal	Big School	9 - 13
	16:15 - 17:35	Econmics Society	M3	12 & 13
	16:15 - 17:35	Art & DT Workshop	Westall Centre	11 & 13
	16:15 - 17:35	Pottery	Westall Centre	9 & 10
	16:15 - 17:35	UCAS Drop In	Sixth Form Centre	12 & 13
	16:15 - 17:35	Darts Club	Orchard Block	9 - 13
u C	16:15 - 17:35	Academic Clinics	HOF's	9 - 13
Afternoon	16:15 - 17:35	Fives	Fives Courts	Selected Only
ter	16:15 - 17:35	Judo*	Sports Hall	9 -13
¥	16:30 - 18:00	School Squad Training	Swimming Centre	Squad
	16:30 - 18:00	Sprint Training	Swimming Centre	Squad
	16:30 - 18:00	Performance Football (HP)	Higgins/MUGA	Squad
	16:15 - 18:15	Performance Football (Potential)	Higgins/MUGA/Prep	Squad
	16:15- 17:35	Yoga/Pilates*	Russell Common Room	9 - 13
	16:15- 17:35	Anime	M6	9 - 13
	16:15- 17:35	E gaming	M5	9 -11
	17:35 - 19:00	Senior Netball Academy	Sports Hall	9 -13
_	17:35 - 19:00	Senior Boys' Hockey Academy	Main Astro	9 - 13
hoc	18:00 - 20:00	Distance Training	Swimming Centre	Squad
Sc	18:00 - 20:00	PP Training	Swimming Centre	Squad
After School	20:00 - 21:00	Boarders Gym	Gym	9 - 13
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Thursday

	Timings	Activity	Venue	Year Groups
Б	05:50 - 07:50	Distance Training	Swimming Centre	Squad
ol:	05:50 - 07:50	Middle Training	Swimming Centre	Squad
e S	05:50 - 07:50	Sprint Training	Swimming Centre	Squad
Before School	07:00 - 08:15	Cricket Nets	Sports Hall	Selected Only
	13:05 - 14:05	Elite 1 Gym	Gym	Squad
	13:05 - 13:50	Cricket Nets	Sports Hall	Selected Only
e	13:05 - 14:05	School Squad Training	Swimming Centre	Squad
章	13:05 - 14:05	Distance Training	Swimming Centre	Squad
Lunchtime	13:05 - 14:05	PP Training	Swimming Centre	Squad
3	13:55 - 14:30	Core Sport Clinic - Hockey	Main Astro	Selected Only
	13:55 - 14:30	Core Sport Clinic - Rugby	Riverside	Selected Only
	13:55 - 14:30	Chamber Choir	Chapel	9 - 13
	15:00 - 16:30	TPP Seniors Gym	Gym	Selected Only
	16:15 - 17:35	Performance Football Futsal (HP)	Squash Courts/Small Pitch	Squad
	16:15 - 17:35	Senior Boys' Rugby	Big Side	11-13
	16:15 - 17:35	Inters Boys' Rugby	Pavilion/Riverside	9 - 10
_	16:15 - 17:35	Senior Girls' Hockey	Main Astro	11-13
noo L	16:15 - 17:35	Inters Girls' Hockey	Main Astro	9 - 10
Afternoon	16:15 - 17:35	Recreational Football	MUGA/Small Pitch	9 - 13
Aft	16:15 - 17:35	Tennis (First half of term only)	College Courts	9 - 13
-	16:15 - 17:35	Basketball	Sports Hall	9 - 13
	16:15 - 17:35	Supervised Study (Years 11 & 13)	Library	11 & 13
	16:15 - 17:35	E-gaming	M5	9 - 13
	16:15 - 17:30	Play rehearsal	Big School	9 - 13
	16:30 - 18:30	Elite 1&2 Training	Swimming Centre	Squad
- <u>0</u>	18:00 - 19:00	Performance Football Gym	Gym	Squad
After School	18:30 - 20:30	Sprint Training	Swimming Centre	Squad
Sc	18:30 - 20:30	Middle Training	Swimming Centre	Squad



Friday

	Timings	Activity	Venue	Year Groups
Before School	05:50 - 07:50 07:00 - 08:00	Distance/Middle/Elite 2 Extra Morning (TBC) Performance Football (Potential) Gym	Swimming Centre Gym	Squad Squad
Lunchtime	13:05 - 13:50	TPP Juniors Gym	Gym	Selected Only
Afternoon	14:40 - 17:35 14:40 - 17:35 14:40 - 17:35 14:40 - 17:35 14:40 - 17:35 14:40 - 17:35 12:35 - 17:35 14:40 - 17:35 14:45 - 16:45 14:45 - 16:45 14:45 - 15:45 16:00 - 17:00 16:45 - 17:45 16:45 - 18:45	DofE & Volunteering Market Garden Supervised Study Study Skills French & Spanish GCSE Speaking 1-1 CCF Years 10 - 13 DW - Year 12 Performance Football (HP) Elite 1&2 Training Middle Training Sprint Gym TPP Seniors Gym School Squad Training Distance Training Sprint Training	Service Plan Market Garden (Prep) Rossington M11 M6 Grounds/CCF Boat House Higgins Swimming Centre Syimming Centre Gym Gym Swimming Centre Swimming Centre Swimming Centre Swimming Centre Swimming Centre Swimming Centre	9 - 10 9 - 10 11 9 - 10 11 10 - 13 12 Squad Squad Squad Squad Selected Only Squad Squad Squad
After School	17:00 - 18:00 18:45- 20:15	Elite 2 Gym PP Training	Gym Swimming Centre	Squad Squad



Saturday

	Timings	Activity	Venue	Year Groups
06	6:00 - 08:00	Middle Training	Swimming Centre	Squad
06	5:00 - 08:00	Sprint Training	Swimming Centre	Squad
06	6:00 - 08:00	Distance Training	Swimming Centre	Squad
07	7:00 - 08:00	PP Gym	Gym	Squad
08	8:00 - 10:00	Elite 1&2 Training	Swimming Centre	Squad
08	8:00 - 09:00	Middle Gym	Gym	Squad
09	9:00 - 10:00	Distance Gym	Gym	Squad
10	0:00 - 11:00	Elite 1 Gym	Gym	Squad
10	0:00 - 12:00	PP Training	Swimming Centre	Squad
10	0:00 - 12:00	School Squad Training	Swimming Centre	Squad
09	9:00 - 11:00	Performance Football (HP & Potential)	Higgins/MUGA	Squad

Fixtures, Competitions, Trips and Expeditions as per SOCs and Calendars