

FRENSHAM EXTENDED DAY TIMETABLE (Example only)

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30am	Swimming Squad Training (6:15-7:15) Cross Country Training (6:15-7:15) Tennis Lessons	Swimming Squad Training (6:15-7:15) Cross Country Training (6:15-7:15) Tildesley Training	Swimming Squad Training (6:15-7:15) Athletics Development (6:15-7:15) Tennis Lessons Fit for Life Training (6:15-7:15)	Swimming Squad Training (6:15-7:15) Cross Country Training (6:15-7:15) Tildesley Training	Swimming Squad Training (6:15-7:15) Tennis Lessons	IGSA Tennis Touch Water Polo Swimming Squad Training (6:30am-7:30am)
7:50-8:20am (After Breakfast)	Choir Practice: • Senior Choir – Thirds	Choir Practice: • Senior Choir – Seconds	Choir Practice: • Senior Choir – Firsts		Choir Practice: • Madrigals	
8:30am-3:45pm	Periods 1-7 – Morning Tea/Lunch/Afternoon Tea (Junior Choir Practice – Tuesdays at 12.50-1.15pm)					
3:45-5:45pm (Afternoon)	Sturt Activities: • Jewellery • Ceramics Recreational Swimming Knitting Club – Yrs 11, 12 Horse Riding Yoga (4-5pm) – Yrs 11, 12 Dance: Contemporary (4-5pm) Jazz (5-6pm)	Junior Sport Training: (4:00-5:30pm) • Tennis • Touch • Water Polo Holding – Yrs 10-12 Tennis Coaching Recreational Swimming Senior Livestock Training (4:00-5:30) Senior Athletics Training (4:00-5:30)	Instrumental Ensembles • 3:50-5:00 Kennedy Strings/Concert Band • 5:00-5:30 String Quartets & Jazz Band Tennis Lessons Gymnastics (4:00-5:30) Horse Riding Recreational Swimming	Senior Sport Training: (4:00-5:30pm) • Tennis • Touch • Water Polo Holding – Yr 9 (4-5pm) Recreational Swimming Tennis Lessons Junior Livestock Team Training (4:00-5:30) Junior Athletics Training (4:00-5:30)	Sport Match Practice: • Tennis • Touch • Water Polo (Jnr: 4-5pm; Snr: 5-6pm) Recreational Swimming	
DINNER	Monday-Thursday at 6.00pm				Friday at 6.30pm	
6:30-8:30pm (Evening)	Yr 7 Prep (6:45-8:00) Yr 8 Prep (6:45-8:15) Yr 9 Prep (6:45-8:30) Yr 9 Music Prep (6:30-7:00) Tennis Lessons: Senior girls only (7-8pm)	Yr 7 Prep (6:45-8:00) Yr 8 Prep (6:45-8:15) Yr 9 Prep (6:45-8:30) Yrs 7 & 8 Music Prep (6:30-7:00) Tennis Lessons: Senior girls only (7-8pm)	Choir Practice (6:30-8:00pm): • Madrigals (6:30-7:15) • Snr Choir (7:15-8:00) Yr 7 Prep (6:45-8:00) Yr 8 Prep (6:45-8:15) Yr 9 Prep (6:45-8:30) Tennis Lessons: Senior girls only (7-8pm)	Yr 7 Prep (6:45-8:00) Yr 8 Prep (6:45-8:15) Yr 9 Prep (6:45-8:30) Tennis Lessons: Senior girls only (7-8pm)	Student led activities (7:15pm)	