

Lent Term Sports

Day	Lunchtime 1.15-2.00pm			Games Afternoon 2.00-4.00pm			After School 4.20-5.45pm		
<b>Monday</b>	U15 Rugby 7's & All Years Touch	Top Astro	JDC	Netball - U15	Hardcourt x 1	LXC	Basketball 15 & U14 Girls and Boys	Sports Hall (Left)	DXK
	Squash Club	Squash Courts	SAH	Netball - U15	Sports Hall	LXC	Junior Rugby	Park Grange	JDC
S&C coaching *	Tennis Group Coaching **	Indoor Courts	CMS	Netball - U15	Fitness Suite and Studio	LXC	Junior Netball	Sports Hall (Right)/DM Courts	LXC
7:30-8:15am	Fitness Club	Fitness Suite	LXM	Football - U15	DM, PG, Top and Lower Astro	HJJ	Swimming Galas (priority)	Pool	SJH
	Netball U13 & U12	Sports Hall	LXC	Tennis	Sennocke Centre	CMS	Fencing**	Dance Studio	Coach
Cricket coaching**	Athletics Pre-Season All Years	Track	LJC				Climbing Upper & Middle school	Climbing Wall	PRB
7.20 to 8.50am							1st XI Cricket	Sennocke Centre 6.00-8.00pm	DTS
							Squash club	Squash Courts	SAH
							Tennis team squad **	Indoor Courts	CMS
							Fitness Club - all years	Fitness Suite	LJC
<b>Tuesday</b>	Rugby 7's U16's	Top Astro	JDC	Netball - Seniors	Post office & DM courts	LXC	U15A U14A Football	Hollybush	HJJ
	Fitness	Fitness Suite	RGB	Netball - Seniors	Sports Hall (Right)	LXC	U14B/C Football	DM Courts	HJJ
S&C coaching *	Tennis Group Coaching **	Indoor Courts	CMS	Badminton	Sports Hall (Left)	SMO	U15B/C Football	Top Astro	HJJ
7:30-8:15am	Shooting Club **	Range	THD	Basketball	Sports Hall (Left)	DXK	U14 A,B,C Netball	Sports Hall	LXC
	Lyrical Ballet	Dance Studio	Chantelle Poole	Boys' Hockey	Top Astro	JDD CEN	U15 A,B,C Netball	DM Courts	LXC
Cricket coaching**	Athletics Pre-Season All Years	Track	LJC	Football	DM, PG, Lower Astro	HJJ	Yoga**	Dance studio Student 4.30-5.45pm	Coach
7.20 to 8.50am				Tennis	Sennocke Centre	CMS	Yoga**	Dance studio Staff 5.45-6.45pm	Coach
				Dance and Aerobics	Studio	Coach	Climbing Lower School	Climbing Wall	JLT
Badminton**				Climbing	Climbing Wall	AWT	Fitness Club - all years	Fitness Suite	MKO
7.00-8.00am				Fitness	Fitness Suite	JSL/LJC	Tennis Team Squads **	Sennocke Centre	CMS
				Swimming	Swimming Pool	Coach Yates	Shooting Club	Range	THD
Netball S&C				Cross Country	Knole Park	JLW			
7 - 8am				Rugby 7's	PG	JDC			
				Squash	Squash Courts	SAH			
<b>Wednesday</b>	Girls Cricket Club	Sports Hall (Left)	DTS	Netball - U13 & U12	Hardcourts x 2	LXC	Swimming	Pool	Coach Yates
	Shooting Squad	Shooting range	THD	Netball - U13 & U12	Sports Hall	LXC	Taekwondo**	Dance Studio	Coach Simmons
S&C coaching *	Squash Club	Squash Courts	SAH	Netball - U13 & U12	Fitness Suite and Studio	LXC	Running club	Knole Park	PFJ Coach
7:30-8:15am	Badminton	Sports Hall (right)	PEP	Rugby - U13 & U12	Park Grange	JDC	Fitness Club	Fitness Suite	LJC
	Tennis Group Coaching **	Indoor Courts	CMS	Tennis	Sennocke Centre	CMS	Squash Club	Squash Courts	SAH
Swimming Club	Shooting Club	Range	THD				Tennis Team Squads **	Sennocke Centre	CMS
6.45-7.45am	Fitness Club	Fitness Suite	RGB				Cricket U15, U14 & U13 Girls and Boys	Sports Hall	DTS
	Boys' Hockey	Top Astro	JDD						
Rugby Seniors/U16's Weights									
7.00-8.00am									
Gymnastics**									
7.00-8.00am									
Cricket coaching**									
7.20 to 8.50am									
<b>Thursday</b>	Squash Club	Squash Courts	SAH	Netball - U14	Hardcourt x 1	LXC	Football 1st, 2nd	Hollybush	HJJ
	Tennis Group Coaching **	Indoor Courts	CMS	Netball - U14	Sports Hall	LXC	Football U16A/B	Top Astro	HJJ
S&C coaching *	Jazz	Dance Studio	Chantelle Poole	Netball - U14	Fitness Suite and Studio	LXC	Football 3rd, 4th	DM courts x 3	HJJ
7:30-8:15am	Fitness Club	Fitness Suite	LJC	Football - U14	DM, PG, Top and Lower Astro	HJJ	Netball 1st, 2nd, 3rd, 4th U16A, U16B, U17	Sports Hall	LXC
	U14 Rugby 7s	Top Astro	JDC	Tennis	Sennocke Centre	CMS	Fitness Club	Fitness Suite	EMB
Water Polo Club	Cricket U13 & U12 Girls and Boys	Sports Hall	DTS				Running club	Knole Park	PFJ
6.45-7.45am							Squash Club	Squash Courts	SAH
							Tennis Team Squads **	Sennocke Centre	CMS
Cricket coaching**									
7.20 to 8.50am									
<b>Friday</b>	Squash Club	Squash Courts	SAH	Netball - U13 & U12	Hardcourts x 2	LXC	Basketball Club - Boys and Girls all year	Sports Hall	DXK
	Swimming	Pool	Coach Yates	Netball - U13 & U12	Sports Hall (Left and Right)	LXC	Running Club	Knole Park	JLW Coach
S&C coaching *	Basketball U13 & U12 Boys and Girls	Sports Hall (Left)	DXK	Netball - U13 & U12	Fitness Suite and Studio	LXC	Self Defence	Dance Studio	RRW
7:30-8:15am	Netball Shooters	Sports Hall (Right)	LXC	Rugby - U13 & U12	DM4/5	JDC	Squash Club	Squash Courts	SAH
	Tennis Group Coaching **	Indoor Courts	CMS	Tennis	Sennocke Centre	CMS	Fitness Club	Fitness Suite	LJC
Swimming Club	Shooting Club	Range	THD				Tennis Team Squads **	Sennocke Centre	CMS
6.45-7.45am	Fitness Club	Fitness Suite	RGB						
Cricket coaching**									
7.20 to 8.50am									
<b>Saturday</b>				Please note timings are from 12.10-4.30pm					
				Netball matches	Hardcourts - all	LXC			
Cricket coaching**				Netball - Seniors	Sports Hall	LXC			
7.20 to 8.50am				Badminton	Sports Hall (Right)	SMO			
				Basketball	Sports Hall (Left)	DXK			
				Boys' Hockey	Top Astro	JDD CEN			
				Football	DM, PG, Lower Astro	HJJ DCH			
				Tennis	BTC	CMS			
				Dance and Aerobics	Studio	Coach			
				Climbing	Climbing Wall	AWT			
				Fitness	Fitness Suite	GOO			
				Squash	Squash Courts	SAH			
				Multisports	Sennocke Centre	JCE			
				Cross Country	Knole Park	JLW			
				Swimming	Swimming Pool	CED			

\*\* - CHARGED ACTIVITY  
 Please note the above does not include activities during Games periods  
 Tennis coaching is every lunchtime and after school. For an invitation and further details please see the tennis coaching staff  
 \* These Strength and conditioning sessions are invite only, but others slots are available through [sennockesport@sevenoaks.school.org](mailto:sennockesport@sevenoaks.school.org)