**EXTRA CURRICULAR Sports/Outdoor Activities**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **ACTIVITIES** | **DAYS** | | | | | | | **TIME** | **TEACHER**  **Co-ordinator** | **COACH** | **CONTACT NO** | **PLACE/VENUE** | **FEES** |
| **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **Track Athletics** |  | **√** |  | **√** |  |  |  | **3:00 –4:30 pm** | **M. Codallo-Garcia** | **Albert King** | **716-5015** | **Queen’s Park Savannah** | **$100.00 per year** |
| **Field Athletics** | **√** |  | **√** |  |  |  |  | **3:00 –4:30 pm** | **M. Codallo-Garcia** | **Mr Joel Garcia** |  | **St Mary’s College Grounds** | **$5.00 per day for transport** |
| **Karate** |  |  |  |  | **√** |  |  | **3:00 - 4:30 pm** |  | **Celeste Nottingham**  **Rebecca Mohammed** | **754-3831** | **School Hall** | **$80.00 per mth** |
| **Swimming**  **(YMCA-Beginners)** |  |  |  | **√** |  |  |  | **3:00 - 3:45 pm** | **Ms. Toney** |  |  | **YMCA Wrightson Road** | **$300.00 per term** |
| **Swimming**  **(Non-Competitive)** |  |  |  |  |  |  |  | **TBA** |  |  |  |  |  |
| **Swimming**  **(Life Saving)** |  |  |  |  |  | **√** |  | **12noon - 1:00 pm** |  | **Ann Singh** | **721 1422**  **343 2120** | **St Mary’s Swimming Pool**  **St. Mary’s College Grounds** | **$200.00 per mth** |
| **Water Polo** |  |  |  |  |  |  |  | **TBA** |  |  |  |  |  |
| **Netball** | **√** |  |  |  | **√** |  |  | **3:00 - 4:30 pm** | **M. Codallo-Garcia** | **Ms Roma** | **733 2609** | **School Compound (hill)** | **$250.00 per term** |
| **Football** | **√** |  | **√** |  | **√** |  |  | **3-5:00 pm** | **Ms. P. Trim** | **Asha Lester** | **736 5297** | **Queen’s Park Savannah**  **(opp. Bel Cir Rd)** | **$120 per month**  **$360 per term** |
| **Hockey** |  | **√** |  |  |  |  |  | **3:00 - 4:30 pm** |  | **Stacey Suibutt** | **681-4987** | **Woodbrook Youth Facility** | **$300.00 per term** |
| **Tagby** |  | **√** |  | **√** |  |  |  | **3:00-5:00 pm (Wed)** | **M. Codallo-Garcia** |  |  | **Queen’s Park Savannah**  **(Opp. Citi Bank)** | **(pay for uniforms)** |
| **Volleyball** |  | **√** |  | **√** | **√** |  |  | **3:00 - 4:30 pm** | **Ms. Codallo-Garcia** | **Leon Williams** | **756-3117** | **School Compound** | **$300.00 per term** |
| **Tennis** |  |  | **√** |  |  |  |  | **3:00 - 4:30 pm** | **Ms. Codallo-Garcia** | **Dave Patrick** | **751-6129** | **School (hill)** | **$200.00 per term** |
| **Badminton** |  | **√** |  | **√** |  |  |  | **3:00 - 4:30 pm** | **Ms. Codallo-Garcia** | **Calvin Crawford** |  | **School Hall** | **$100 per month**  **$300.00 per term** |
| **Fitness Club** |  |  | **√** |  |  |  |  | **3:00 - 4:30 pm** | **Ms. Pierre** | **Ms. Pierre** |  | **School/Queen’s Park Savannah**  **School Compound** | **$50.00 per term** |
| **Cadets** |  | **√** |  | **√** |  | **√** |  | **(Tues&Thurs)**  **2:30-4:30 pm**  **Sat 9:00am -12noon** | **Mrs Mark** |  |  | **School Compound** | **NA** |
| **Girl Guides** |  |  |  | **√** |  |  |  | **2:45-3:45pm** | **Sr. Vanessa**  **Ms. Dyette**  **Ms. Shalto** |  |  | **Form 6 Room** | **$20 per year** |
| **Choir** | **√** | **√** | **√** |  |  |  |  | **Mon, Tues, Wed**  **2:30-3:45pm** | **Mr. Chin** |  |  | **Music Room** | **NA** |
| **Guitar/Piano** |  |  | **√** |  |  |  |  | **2:30-3:45pm** | **Mrs.Mark** |  |  | **Sr Regina Leiba Wing (House)** | **$150 per month** |
| **Pan** |  |  |  | **√** | **√** |  |  | **2:30-4:30pm** | **Mrs. Mark** |  |  | **Music Room**  **Silver Stars Pan Yard, Woodbrook** | **$200 per term**  **$5 transport per day** |
| **Drama** |  |  | **√** |  |  |  |  | **2:45-3:45pm** | **Mrs. Oblington** |  |  | **Lower AV Room** | **NA** |

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| * Students **must** **participate** in **at least** **one** Sport/Outdoor activity * Fees for all activities **must** be paid **within the first week** of each term. * Students who do not pay their fees will **not** be allowed to participate in the activities. | * Students should be encouraged to participate in their chosen activity for **at least one year.** * A consent form signed by a parent/guardian is required for each activity. * Consent forms are to be submitted to the coach or teacher in charge of the activity |

**Activities for each day of the week**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Football  (QPS Opp. Bel Cir Rd) | Tagby  QPS Opp. US Embassy | Football  (QPS Opp. Bel Cir Rd) | Tagby  QPS Opp. US Embassy | Football  (QPS Opp. Bel Cir Rd) |  |
|  | Hockey  (Woodbrook Youth Facility) | Fitness Club  (QPS & School) | Beginners -  Swimming  (YMCA Pool – Wrightson Rd) | Karate  (School Hall) | Life Saving -  **Swimming**  (St Mary’s Pool ) |
| Netball  (School Hill) | Badminton  (School Hall) | Tennis  (School Hill) | Badminton  (School Hall) | Netball  (School Hill) |  |
| Field Athletics  (St Mary’s Grounds ) | Track Athletics  (QPS-Opp. Botanical Gardens) | Field Athletics  (St Mary’s Grounds ) | Track Athletics  (QPS-Opp. Botanical Gardens) |  |  |
|  | Volleyball  (School Hill) |  | Volleyball  (School Hill) | Volleyball  (Jean Pierre Complex) |  |
|  | Cadets  2:30-4:30pm |  | Cadets  2:30-4:30pm |  | Cadets  9:00am-12noon |
| Choir  2:45-3:45 pm | Choir  2:30-3:45 pm | Choir  2:30-3:45 pm | Girl Guides  2:30-3:45 pm |  |  |
| Guitar  **2:30-3:45pm** |  | Drama  2:45-3:45 pm | Pan  2-4:30 pm | Pan  2-4:30 pm |  |

* **Meetings for all activities will be held during lunch time and after school.**
* **Students are advised to check the notice board for meeting times and dates for the respective extracurricular activities.**
* **Students should sign the attendance copy book (which is at the front desk) for the activity they are participating in for the day.**