



Co-Curricular Programs

Monday 23 March to Friday 3 April, 2020

SPORT

General Fitness Class/Athletics on Main Oval or the PE Centre if raining (e.g. body weight circuits, speed and agility work, boot camp style / fitness run/walk, sprints, hurdles and long jump options):

Tuesday and Thursday 6.30am to 7.45am (Years 3 to 12)
Tuesday and Thursday 7.30am to 8.00am **(Kindergarten to Year 2)**
Monday and Wednesday 3.45pm to 5.00pm (Years 3 to 12)

Open **Tennis Lessons** on the Secondary School Tennis Courts:
Monday to Friday 3.45pm to 5.00pm (Kindergarten to Year 12)

What to wear and bring:

- Sports appropriate attire
- Water bottle
- Own towel
- Hand sanitiser/wipes

Permissions: We ask that parents complete the Skoolbag eForm "Term 1 Sport Offerings" in order to give consent for your daughter to attend these on-campus sessions, between Monday and the end of the term.

On-line Sports for Students

In addition to the on-campus sports sessions above, our Head Coaches will be providing online training sessions and activities across a range of sports for girls to do at home. These will be accessible through Teams in the folder "Sport for Students" from late in Week 9 and further information will be provided in the coming days via the Skoolbag app.

EXTENDED LEARNING

An online learning program will be offered for the following programs during their regular class times:

- **Book Club**
- **Coding Classes**
- **Robotics** (reduced load – times will be sent via email)
- **Junior Chess**
- **Cartooning** (online learning program is being explored as an option, not yet confirmed)

Participants registered in each program will be contacted by email with the details of the program and how to gain access.

EXPERIENTIAL EDUCATION

Cadets on Lang Lawn:
Monday 4.00pm to 5.00pm

Avon Road Pymble NSW 2073 | PO Box 136 North Ryde BC NSW 1670
Phone: +61 2 9855 7799 | **Fax:** +61 2 9855 7766 | www.pymblelc.nsw.edu.au

ABN 78 619 140 464 | CRICOS 03288K



PERFORMING ARTS

An online learning program will be offered for the following programs:

- **Dance** (see below)
- **Speech and Drama via Teams**
- **Music Private Lessons via Teams**
- **Mooting**
- **Mock Trial**
- **Mediation** (to be confirmed)

Participants registered in each program will be contacted by email with the details of the program and how to gain access.

Dance

Onstage Stream

We are working to provide Dance sequences in a variety of styles on Canvas or SeeSaw to help keep the girls on their toes!

RAD Ballet

All exercises will be available online via Canvas or SeeSaw

Eisteddfod Dance

Will be provided online via Canvas in the form of demonstrations for the girls to watch and practice.

Keep an eye on SeeSaw and Canvas, as the online learning materials will be added throughout next week!

AQUATIC CENTRE

Learn to Swim will cease after Saturday 21 March

Squads –will continue with limited squad offerings during this time.

Email communication will be sent shortly to all Swimming families, to advise of the schedule for the squads going ahead and to ascertain interest for additional squad sessions that we may be able to offer.

*Strict health and safety protocols have been devised to ensure a high level of health and safety can be maintained in the pool and all activity environments.