



**ST. MICHAEL'S  
COLLEGE**

WISDOM THROUGH GROWTH

## Extra Curricular Activities – Term 4 2020

### **Monday**

7:45 am Private Tennis  
3:15 - 4:15pm Weightlifting (begins wk 1)  
4:15 – 6:00pm Weightlifting (begins wk 1)

### **Tuesday**

8:00am Senior Band rehearsal PAC (begins wk 1)  
3:30 - 4:45pm Grasshopper Soccer (begins wk 2)  
3:30 - 4:45pm Angels Netball Team Training (begins wk 1)

### **Thursday**

8:00am Junior Band, PAC (begins wk 2)

### **Friday**

7:30 - 8:30am Weightlifting (begins wk 1)  
7:45am Private Tennis

## Contact

### **TENNIS**

Private tennis lessons are available at the College courts  
For more information contact Wade Foster on 0408 889 241

### **GYMNASTICS**

Gymnastics movement and strength classes with MY GYM CLUB are available in the PAC.  
Coach is Jade Sharp – Advanced level gymnastics coach, Strength and Conditioning coach and Crossfit coach with almost 20 years coaching experience.

All registration is done through our website at: <https://mygymclub.com.au/register-my-child-for-a-program/>

### **GRASSHOPPER SOCCER**

For more information on Grasshopper Soccer please head to [www.grasshoppersoccer.com.au](http://www.grasshoppersoccer.com.au)