

MANOR HOUSE ACTIVITY PROGRAMME

	NO	ACTIVITIES	NEW	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		ACTIVITIES	NO		
				AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM				
CRAFT	1	Pottery		10.00 - 1.00 Pottery 2		9.30 - 1.00/4.00		9.30 - 1.00/4.00		9.30 - 1.00/4.00		10.00 - 1.00 Pottery 2		9.30 - 1.00/4.00		9.30 - 1.00/4.00		10.00 - 1.00 Pottery 2		Pottery	1		
	2	T Shirt Designing & Printing			2.00-5.30		2.00-5.30	9.30-1.00				9.30-1.00		2.00-5.30		9.30-1.00		2.00-5.30		T Shirt Designing & Printing	2		
	3	Silk Painting		9.30-1.00					2.00-5.30		2.00-5.30									9.30-1.00	2.00-5.30	Silk Painting	3
	4	Make Your Own Jewellery					9.30-1.00		9.30-1.00						9.30-1.00		9.30-1.00			9.30-1.00		Make Your Own Jewellery	4
	5	Painting & Sketching									2.00-5.00		10.00-1.00				10.00-1.00					Painting & Sketching	5
	6	Card Making									2.00-5.30									9.30-1.00		Card Making	6
	7	Picture Framing & Glazing		9.30-1.00					9.30-1.00									2.00-5.30				Picture Framing & Glazing	7
	8	Pottery Transfers			2.00-5.30		2.00-5.30		2.00-5.30		2.00-5.30				9.30-1.00		2.00-5.30					Pottery Transfers	8
	9	Porcelain Painting		9.30-1.00			9.30-1.00				9.30-1.00				2.00-5.30					9.30-1.00		Porcelain Painting	9
	10	Candle Making			2.00-6.00					2.00-6.00		2.00-6.00		2.00-5.30				2.00-5.30				Candle Making	10
	11	Creative Embroidery							10.00-1.00													Creative Embroidery	11
	12	Glass Engraving					9.15-1.45		9.15-1.45		9.15-1.45		2.00-5.45		2.00-5.45		9.15-1.45		9.15-1.45			Glass Engraving	12
	13	Glass Painting			2.00-5.30				2.00-5.30		2.00-5.30				9.30-1.00			2.00-5.30		2.00-5.30		Glass Painting	13
	14	Patchwork								9.30-12.30												Patchwork	14
	15	Enamelling			2.00-5.30		2.00-5.30		2.00-5.30				2.00-5.30		2.00-5.30			2.00-5.30		2.00-5.30		Enamelling	15
	16	Hot Press Printing		9.30-1.00					9.30-1.00		9.30-1.00		9.30-1.00		9.30-1.00			2.00-6.00		2.00-6.00		Hot Press Printing	16
	17	Pyrography	NEW	9.30-1.00			2.00-5.30		2.00-5.30		9.30-1.00		2.00-5.30		2.00-5.30		9.30-1.00		9.30-1.00			Pyrography	17
	18	Woodwork (House Plaques)			2.00-5.45		9.00-12.45		9.00-12.45		9.00-12.45		2.00-5.30		9.00-12.45		9.00-12.45		9.00-12.45			Woodwork (House Plaques)	18
	19	Woodwork (Scroll Saws)					2.00-6.00					2.00-6.00		2.00-6.00		2.00-6.00		2.00-6.00				Woodwork (Scroll Saws)	19
RACKET	20	Badminton Competition			2.00-4.00		3.00-5.00					2.00-4.00		2.00-4.00		2.00-4.00		2.00-4.00		2.00-4.00	Badminton Competition	20	
	21	Tennis Coaching					1.30-4.00		1.30-4.00			1.30-4.00		1.30-4.00		1.30-4.00		1.30-4.00			Tennis Coaching	21	
	22	Tennis Competition		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		Tennis Competition	22
	23	Short Tennis Competition			4.30-6.00		3.30-5.00		4.30-6.00		4.30-6.00		3.30-5.00		4.30-6.00		4.30-6.00		4.30-6.00		4.30-6.00	Short Tennis Competition	23
	25	Table Tennis Competition			3.30-5.00		9.30-11.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00		11.30-1.00		9.30-11.00		9.30-11.00	Table Tennis Competition	25
BOWLS & CURL	26	Bowls Coaching						10.30-12.30				10.30-12.30				9.30-11.30					Bowls Coaching	26	
	27	Bowls Competition							3.30-5.30					3.30-5.30								Bowls Competition	27
	28	Short Matt Competition				9.30-11.00						9.30-11.00		9.30-11.00					4.00-5.30		Short Matt Competition	28	
	29	Target Bowls Competition								3.30-5.00		2.00-3.30				2.30-4.00		11.30-1.00				Target Bowls Competition	29
	30	Ice Curling Competition	NEW	9.30-11.30		2.00-4.00		9.30-11.30		2.00-4.00		2.00-4.00		9.30-11.30		2.00-4.00		9.30-11.30				Ice Curling Competition	30
	31	New kurling Competition				11.30-1.00			2.30-4.00		11.30-1.00				3.30-5.00		9.30-11.00				2.00-3.30	New kurling Competition	31
32	New Age Bowls Competition						11.30-1.00							11.30-1.00							New Age Bowls Competition	32	
RANGE	33	Archery		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45			Archery	33	
	34	JUNIOR Archery							3.00-5.00		11.30-1.00					3.30-5.00					JUNIOR Archery	34	
	35	Air Pistol		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		Air Pistol	35
	36	Air Rifle		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		9.00-1.00	2.00-5.00		Air Rifle	36
	37	Laserclay Shooting		10.00-1.00	3.00-5.00		2.00-5.00		4.00-6.00		10.00-1.00			3.00-5.00		2.00-5.00		10.00-1.00		10.00-1.00		Laserclay Shooting	37
EXERCISE	38	Hatha Yoga			4.00-5.00				4.45-5.45							11.30-12.30					Hatha Yoga	38	
	39	Pilates			3.00-3.45							4.00-4.45			12.15-1.00		10.30-11.15				Pilates	39	
	40	Barre Fusion / Jazzercise*				2.00-2.45						2.00-2.45				2.00-2.45*					Barre Fusion / Jazzercise*	40	
	41	Stretch & Relax		10.30-11.15								10.30-11.15		10.30-11.15		2.00-2.45		11.30-12.15				Stretch & Relax	41
	42	AB-Attack							11.45-12.30													AB-Attack	42
	43	Tai Chi				10.00-11.00									4.30-5.30							Tai Chi	43
	44	Zumba		9.30-10.15								9.30-10.15							9.30-10.15			Zumba	44
	45	Hula Hooping							3.45-4.30								9.30-10.15					Hula Hooping	45
	46	Rock N Roll Dancing					12.30-1.15					9.30-10.15			9.15-10.00							Rock N Roll Dancing	46
	47	Street Dancing				11.30-12.15							2.00-2.45					3.00-3.45				Street Dancing	47
WATER	48	Fitsteps			3.00-3.45						3.00-3.45				11.15-12.00						Fitsteps	48	
		Musical Circuits						10.45-11.30														Musical Circuits	49
	49	Bollywood Dancing										3.00-3.45		3.00-3.45				10.30-11.15			Bollywood Dancing	49	
	50	Aquarobics				4.30-5.30					4.30-5.30				3.00-4.00							Aquarobics	50
	51	Water Polo			2.15-3.00		2.15-3.00		2.15-3.00				2.15-3.00				2.15-3.00					Water Polo	51
	52	Hydro Spa Sessions		9.30-1.00	2.00-6.30		9.30-1.00	2.00-6.30		9.30-1.00	2.00-6.30		9.30-1.00	2.00-6.30		9.30-1.00	2.00-6.30		9.30-1.00	2.00-6.30		Hydro Spa Sessions	52
	53	Swimming Coaching																				Swimming Coaching	53
	54	Water Slides		11.30-12.30	4.30-5.30		11.30-12.30	4.00-5.00		11.30-12.30	4.00-5.00		4.30-5.30		11.30-12.30	4.00-5.00		11.30-12.30	4.30-5.30		11.30-12.30	Water Slides	54
	55	5 A side Football			3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00	5 A side Football	55
	56	Continuous Cricket			2.30-3.45		2.30-3.45		9.30-10.45		2.30-3.45		2.30-3.45		9.30-10.45		2.30-3.45		2.30-3.45			Continuous Cricket	56
SPORTS	57	Rounders				9.30-10.45			2.30-3.45							2.30-3.45		9.30-10.45			Rounders	57	
	58	Unihoc		9.30-11.00		11.00-12.30				9.30-11.00				11.00-12.30				9.30-11.00				Unihoc	58
	59	Basketball							3.30-5.00								2.00-3.00					Basketball	59
	60	Netball							2.30-3.30								3.00-4.00					Netball	60
	61	Volleyball				2.30-3.30					2.30-4.00				4.30-6.00		4.30-6.00					Volleyball	61
	62	Handball		11.30-1.00				11.00-12.30				11.00-12.30							11.30-1.00			Handball	62
	63	Dodgeball				4.00-5.30					4.30-6.00				2.30-4.00		11.00-12.30					Dodgeball	63
	64	Family Movie - Morning Show	NEW	9																			