

## The Nicolson Institute After School Sports Programme and Sport & Health Sports Programme 2023/24

	School Gyms	Sports centre 1	Sports centre 2	Dance Studio	Astro 1	Astro 2
Monday	<b>S1-6 Badminton</b> Miss A Macleod Miss C Macdonald	Gymnastics Primary 1 - 4 <b>Sports Dev</b> Time 4-6pm	<b>S4-6 Girls 5's Football</b>		<b>S1 Boys Football</b> Mr A Mackay Mr A Murray	
Tuesday	<b>S1-6 Crossfit</b> Miss I Holisz	Girls Only Football Primary 1-3 <b>Sports Dev</b> Time 4-5pm	Rachel Corsey Football Primary 5-7 LHWFA Time 4-5pm		<b>S2 Boys Football</b> Mr E Rogers	<b>S4 Boys Football</b> Mr E Rogers
Wednesday	<b>S3-6 Basketball</b> Miss A Macdonald <b>S1-6 Athletics (Track outside /Gym if poor weather)</b> <b>From Wed 15 November</b> Mrs S Maclean & Mr H Barron (SRAC) <b>3.45-4.45</b>	Athletics Primary 1 - 3 <b>Sports Dev</b> Time 4-5pm	Activ8 Primary Age <b>Active Schools</b> Time 4-5pm		<b>S5-6 Boys Football</b> Mr D Macleod	<b>S1-3 Girls Football</b> Miss C A Macleod Mrs A Gordon
Thursday	<b>S1/2 Boys and Girls Basketball</b> Mr E Rogers Mrs A Gordon	<b>S1-3 Girls Netball</b> Mrs A Gordon Miss I Holisz	<b>S1-3 Girls Netball</b> Mrs A Gordon Miss I Holisz		<b>S3 Boys Football</b> Mr W Macaulay Mr G Mackenzie	
Friday		<b>S4-6 Girls Netball Squad</b> Mrs E Rogers Miss I Holisz	ISL Bowling Adults <b>Sports Dev</b> Time 1.30-3.30pm			
			Badminton Primary 5-7 <b>Sports Dev</b> Time 4-5pm			