

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		2.00-5.30			9.30-1.00		2.00-5.30		9.30-1.00		2.00-5.30		2.00-5.30	T Shirt Designing & Printing	2
	3	Silk Painting			2.00-5.30		9.30-1.00					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	2.00-5.30		9.30-1.00				9.30-1.00	Make Your Own Jewellery	4
	5	Painting & Sketching								10.00-1.00			10.00-1.00					2.00-5.00			Painting & Sketching	5
	6	Card Making			2.00-5.30							2.00-5.30				2.00-5.30				2.00-5.30	Card Making	6
	7	Picture Framing & Glazing		9.30-1.00								2.00-5.30								9.30-1.00	Picture Framing & Glazing	7
	8	Pottery Transfers			2.00-5.30		2.00-5.30		2.00-5.30					2.00-5.30				2.00-5.30		2.00-5.30	Pottery Transfers	8
	9	Porcelain Painting		9.30-1.00		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			2.00-5.30		2.00-6.00		10.00-1.00			2.00-6.00						2.00-5.30		2.00-5.30	Candle Making	10
	11	Creative Embroidery							9.30-1.00												Creative Embroidery	11
	12	Glass Engraving		9.15-1.45			9.15-1.45		9.15-1.45			9.15-1.45			2.00-5.45		9.15-1.45			9.15-1.45	Glass Engraving	12
	13	Glass Painting					2.00-6.00							2.00-5.30		9.30-1.00		2.00-5.30			Glass Painting	13
	14	Patchwork												2.00-5.00							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			2.00-5.30		9.30-1.00				9.30-1.00		9.30-1.00			2.00-6.00	9.30-1.00		Hot Press Printing	16
	17	Pyrography	NEW		2.00-5.30		9.30-1.00			2.00-5.30	9.30-1.00			2.00-5.30				9.30-1.00		2.00-5.30	Pyrography	17
	18	Woodwork (House Plaques)							9.00-12.45		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			Woodwork (Scroll Saws)	19
BADMINTON	20	Badminton Competition			2.00-4.00		3.00-5.00						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			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		3.30-5.00		4.30-6.00		4.30-6.00		4.30-6.00	Short Tennis Competition	23
	24	Table Tennis Competition		9.30-11.00		9.30-11.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00	Table Tennis Competition	24
	25	Table Tennis Competition		9.30-11.00		9.30-11.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00	Table Tennis Competition	25
	26	Bowls Coaching							10.30-12.30				10.30-12.30				9.30-11.30				Bowls Coaching	26
BOWLS	27	Bowls Competition							3.30-5.30						4.30-6.00					Bowls Competition	27	
	28	Short Matt Competition			3.30-5.00		9.30-11.00								9.30-11.00				3.30-5.00	Short Matt Competition	28	
	29	Target Bowls Competition		11.30-1.00						4.30-6.00			2.00-3.30				2.30-4.00	11.30-1.00		3.30-5.00	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		9.30-11.30		9.30-11.30		2.00-4.00	9.30-11.30		9.30-11.30	Ice Curling Competition	30
	31	New kurling Competition			4.00-5.30	11.30-1.00			2.30-4.00	11.30-1.00		9.30-11.00			3.30-5.00	9.30-11.00				4.00-5.30	New kurling Competition	31
	32	New Age Bowls Competition						11.30-1.00							11.30-1.00		3.30-5.00	9.30-11.00			New Age Bowls Competition	32
	RANGING	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							2.45-4.45			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	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	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	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	Air Rifle	36
37		Laserclay Shooting		10.00-1.00	3.00-5.00	10.00-1.00			2.00-5.00	10.00-1.00				3.00-5.00		2.00-5.00		10.00-1.00		3.00-5.00	Laserclay Shooting	37
38		Hatha Yoga			4.15-5.15		3.45-4.45										10.30-11.30				Hatha Yoga	38
39		Pilates			3.15-4.00					3.45-4.30			10.30-11.15				9.30-10.15				Pilates	39
EXERCISE	40	Stretch & Relax		11.30-12.15		12.00-12.45					3.00-3.45						3.00-3.45	11.30-12.15		Stretch & Relax	40	
	41	Strictly Fit										9.30-10.15								Strictly Fit	41	
	42	Salsa Dancing													11.15-12.00					Salsa Dancing	42	
	43	AB-Attack									11.45-12.30					2.00-2.45					AB-Attack	43
	44	Zumba		9.30-10.15		11.15-12.00		10.30-11.15								9.30-10.15			9.30-10.15		Zumba	44
	45	Barre Fusion	NEW																		Barre Fusion	45
	46	Tai-Chi				10.00-11.00									4.30-5.30						Tai-Chi	46
	47	Hula Hooping				5.00-5.45		4.45-5.30									11.45-12.30				Hula Hooping	47
	48	Rock N Roll Dancing																			Rock N Roll Dancing	48
	49	Street Dancing									4.00-4.45							4.00-4.45			Street Dancing	49
	50	MJ Workshop																			MJ Workshop	50
	51	Bollywood Dancing		10.30-11.15				9.30-10.15				2.00-2.45						2.00-2.45	10.30-11.15		Bollywood Dancing	51
	WATER	52	Aquarobics				4.30-5.30						4.30-5.30		3.00-4.00						Aquarobics	52
53		Water Polo			2.15-3.00		2.15-3.00					2.15-3.00				2.00-2.45		2.15-3.00		Water Polo	53	
54		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	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	Hydro Spa Sessions	54	
55		Swimming Coaching				2.30-3.30		2.30-3.30				2.30-3.30		2.00-3.00	9.30-10.30						Swimming Coaching	55
56		Water Slides			4.00-5.00	11.30-12.30	4.00-5.00	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.00-5.00	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.00	4.00-5.00	Water Slides	56
SPORTS	57	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	5 A side Football	57	
	58	Continuous Cricket			2.30-3.45		2.30-3.45	9.30-10.45				2.30-3.45	9.30-10.45		9.30-10.45		2.30-3.45		2.30-3.45	Continuous Cricket	58	
	59	Rounders				9.30-10.45		2.30-3.45	9.30-10.45		2.30-3.45		2.30-3.45		9.30-10.45		2.30-3.45		9.30-10.45	Rounders	59	
	60	Unihoc		9.30-11.00		11.00-12.30				11.00-12.30				11.00-12.30				9.30-11.00			Unihoc	60
	61	Basketball						3.30-5.00					4.00-5.00							2.00-3.00	Basketball	61
	62	Netball						2.30-3.30												3.00-4.00	Netball	62
	63	Volleyball				2.30-3.30						2.30-4.00			4.30-6.00			4.30-6.00			Volleyball	63
	64	Handball		11.30-1.00				11.00-12.30					11.00-12.30									