

# YEAR N-6 AUTUMN 2024 ECA TIMETABLE: LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Year 5-6</b> <b>Touch typing</b> <b>Kelly H</b> <b>ITC3</b> <i>An invite only club targeted at those students who regularly use a laptop for their academic work</i>		
<b>LUNCH</b> <b>12.30 – 1.10pm</b>	<b>Year N-1</b> <b>Gymnastics</b> <b>Hannah</b> <b>Ballroom,</b> <b>Cost: £70.00 for 10 weeks</b> <i>SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette</i>	<b>Year 4-6</b> <b>Textiles Club</b> <b>Lesley</b> <b>4-6 Classroom</b> <b>Max 12</b> <b>Cost: £100 for 10 weeks.</b> <i>Have fun creating woven, stitched, collaged and decorative textiles with professional designer Lesley O'Hara.</i> <i>Lots of techniques and materials explored.</i> <i>See Attached Flyer.</i>	<b>Year 2-4</b> <b>Gymnastics</b> <b>Hannah</b> <b>Ballroom,</b> <b>Cost: £63.50 for 9 weeks</b> <i>SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>	<b>Year 3-6</b> <b>Parkour</b> <b>Kurtis, Lauren</b> <b>Sports Hall</b> <b>Cost: £90 for 10 weeks</b> <i>Parkour, Freerunning and Tricking, are all a fusion of acrobatics and athleticism, conquering obstacles through creative and agile moves. They have gained immense internet fame and feature prominently in theatre, TV, and film, showcasing gravity-defying athleticism in urban and natural settings.</i> <i>It's time to embrace this trend, dive into a thrilling sporting future, and discover a lifelong passion.</i>	<b>Year 5-6</b> <b>Gymnastics</b> <b>Hannah</b> <b>Nevill Hall,</b> <b>Cost: £70.00 for 10 weeks</b> <i>SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
		<b>Year R-2</b> <b>DANCE TIME!</b> <b>Lynn G</b> <b>Junior School Hall</b> <i>Learn and share new moves to your favourite tunes</i>			
	<b>Year 4-6</b> <b>Open Library</b> <b>Noel</b> <b>Library</b> <b>12.30-13.00pm</b> <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space.</i>	<b>Year 1-3</b> <b>Charcoal Club</b> <b>Elana</b> <b>Year 3 classroom</b> <i>Unleash your creative juices in a calm and relaxing environment.</i>	<b>Year 4-6</b> <b>Open Library</b> <b>Noel</b> <b>Library</b> <b>12.30-13.00pm</b> <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space.</i>	<b>Year 4-6</b> <b>Yoga Thursday</b> <b>Liv Hannon</b> <b>Drama Studio</b> <b>Cost: £91 for 13 weeks</b> <b>Starting: 12.9.24</b> <i>Learn Vinyasa Yoga and mindful meditation in this dynamic 45 min class. Email info@LivByYoga.com www.LivByYoga.com</i>	<b>Year 4-6</b> <b>British Sign Language</b> <b>Sarah G</b> <b>4-6 Building</b> <i>BSL is a wonderful skill to learn. When you learn sign language, it can open a whole new world of opportunities for communication, and help you appreciate the nuance of learning languages too.</i>
	<b>Year 4-6</b> <b>Library Assitant</b> <b>Noel</b> <b>Library, Max 2</b> <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	<b>Year 4-6</b> <b>Library Assitant</b> <b>Noel</b> <b>Library, Max 2</b> <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	<b>Year 6</b> <b>Reading Corner Volunteers</b> <b>Year 6 students</b> <b>N-3 Hall</b> <i>Chill out and help N-Year 1 with their reading</i>	<b>Year 1-4</b> <b>Recorder Club</b> <b>Sarah D</b> <b>4-6 Building</b> <i>Continue to develop your recorder skills in this fun, lively ensemble.</i>	<b>Year 4-6</b> <b>Chess Club</b> <b>Kelly</b> <b>4-6 Building</b> <i>Learn to play and compete against your freinds in this fun and challenging game</i>
	<b>Year 5-6</b> <b>Peer Mentoring</b> <b>Nick OT</b> <b>Year 4 Classroom</b> <i>Using the Anna Freud Scheme of Peer Mentoring, I will be training / re-training up interested children from these year groups to become Peer Mentors for children in N-3.</i>	<b>Year 4-6</b> <b>Swim Club</b> <b>Lauren &amp; Rory</b> <b>Pool</b> <b>(20 max)</b> <i>Swim trials will take place for this ECA. Aimed at more confident swimmers to learn more about technique and racing</i>	<b>Year 4-6</b> <b>Library Assitant</b> <b>Noel</b> <b>Library, Max 2</b> <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	<b>Year 4-6</b> <b>Ceramics</b> <b>Amy</b> <b>Ceramics Room</b> <i>Get those hands mucky and enjoy hand building in clay</i>	<b>Year 4-6</b> <b>Open Library</b> <b>Noel</b> <b>Library</b> <b>12.30-13.00pm</b> <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space</i>
	<b>Year 1-3</b> <b>Chess Club</b> <b>Kelly H</b> <b>N-3 Building</b> <i>Learn to play and compete against your freinds in this fun and challenging game</i>	<b>Year 4-6</b> <b>Badminton</b> <b>Llody</b> <b>Sports Hall</b> <b>(Max 20)</b> <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun anad competition!</i>	<b>Year N-1</b> <b>Reading Corner</b> <b>Year 6 Led</b> <b>N-3 Hall</b> <i>Come along and read with the support of our Year 6 Students</i>	<b>Year 4-6</b> <b>Open Library</b> <b>Noel</b> <b>Library</b> <b>12.30-13.00pm</b> <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space.</i>	<b>Year 1-3</b> <b>Body Blitz</b> <b>Jon</b> <b>Out and about</b> <i>Want to get fitter, healthier and push yourself? Weclome to body Blitz; a range of fun, high energy acitivities to burn energy, geared at developing your fitness.</i>
	<b>Year 3-4</b> <b>Climbing Club</b> <b>Jon and Matt B</b> <b>Climbing wall</b> <b>Max 6-8</b> <i>Got a head for Heights? Learn climbing skills and push yourself further on our climbing wall</i>	<b>Year 4-5</b> <b>TouchTyping</b> <b>Kelly H</b> <b>ICT3</b> <i>Come and practice your touch typing</i>	<b>Year N-3</b> <b>Forest Fun</b> <b>Jon</b> <b>Woodland</b> <i>Chill out in this fun filled, game based ECA</i>	<b>Year 5-6</b> <b>Musical Dance Hour</b> <b>Sarah B</b> <b>Nevil Hall</b> <i>Learn dances from different West End musicals</i>	<b>Year 1-3</b> <b>Fundamental Skills</b> <b>Llody &amp; Hekmat</b> <b>Astro</b> <i>Lots of fun with fundamental skills of throwing, catching, running and jumping. Game based!</i>
	<b>Year 3-6</b> <b>Pokemon Club</b> <b>Clive</b> <b>Year 4-6 Building</b> <i>Come along and use this safe place to share, swap and discuss all things Pokemon.</i>	<b>Years 3-4</b> <b>Open Dance</b> <b>Sixth Form Led Becky McKellar- Supervise</b> <b>Nevil Hall</b> <i>An open dance club for students to learn and create fun dances</i>	<b>Year 4-6</b> <b>Crotchet Club</b> <b>Juno</b> <b>4-6 Clasroom</b> <i>Led by Juno (Yr 9) you will master the basics of Crocheting.</i>		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12.30 - 1.10pm		<b>Year N-3</b> <b>Gardening Club</b> <b>Judith</b> <b>N-3 Courtyard</b> <i>Support our gardening area by learning about plants, vegetables, getting your hands dirty by planting and harvesting these good.</i>	<b>Year 3-6</b> <b>Swiftly Fan Club</b> <b>Katie</b> <b>Katie's Classroom</b> <i>Writing fan mail, song appreciation, Tay Tay quizzes and much more. Let's get Swiftling!</i>	<b>Year 1-2</b> <b>Football</b> <b>Llody &amp; Hekmat</b> <b>Astro</b> <i>Entry level football. Lots of fun learning the basics of football.</i>	
				<b>Year 4</b> <b>Library Assitant</b> <b>Noel</b> <b>Library, Max 2</b> <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	
				<b>Year 1-3</b> <b>Art Club</b> <b>Lesley</b> <b>N-3 Art Room</b> <b>Max 12,</b> <b>Cost: £100 for 10 weeks</b> <i>Have fun drawing, printing, painting and collage making with professional designer Lesley O'Hara. Create a new artwork every week using a variety of techniques and art materials. See Attached Flyer.</i>	

# YEAR N-6 AUTUMN 2024 ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AFTER SCHOOL</b> <b>3.30-4.15pm</b>	<b>Year 3-6</b> <b>Netball</b> <b>Mille &amp; Lauren</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Yr 4-6</b> <b>Scratch code club</b> <b>Ranjani</b> <b>ICT 3</b> <i>An opportunity to use the scratch program to learn coding</i>		<b>Year 5-8</b> <b>Judo</b> <b>Oliver</b> <b>Ballroom</b> <b>Cost: £103 for 10 weeks</b> <b>16.30-17.30pm</b> <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver.</i> <i>Oliver will be in contact for more information and payment details.</i>	<b>Year N-R</b> <b>Yoga</b> <b>Helen</b> <b>N-3 Hall</b> <b>£5.50per session</b> <i>Cosy Little Yogis provides a happy, calm and relaxed environment where the children can experience the joys of yoga and mindfulness in a fun and engaging way through stories, games and songs. See flyer attached for costings.</i>
	<b>Year 1-4</b> <b>Performance</b> <b>Adam</b> <b>Drama Studios</b> <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>	<b>Year 5-6</b> <b>Performance</b> <b>Adam</b> <b>Drama Studios</b> <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>		<b>Year 5-6</b> <b>No-bake baking!</b> <b>Meghan</b> <b>Cookery Room.</b> <b>Max 12</b> <i>We will be creating some tasty no-bake recipes, think cheesecake, flapjack, rocky road and other tasty treats!</i>	
	<b>Year 3-6</b> <b>Football</b> <b>Llody, Hekmat &amp; Andy</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Year 1-3 &amp; 6</b> <b>Adventure Running.</b> <b>Nick OT</b> <b>Out&amp;About</b> <i>Getting out and about around the school site and using the natural landscape and obstacles to turn runs into an adventure.</i> <b>YEAR 6 WELCOME TO SUPPORT</b>		<b>Year 1-3</b> <b>Yoga</b> <b>Liv Hannon</b> <b>JS Hall</b> <b>15.30-16.00pm</b> <i>Gentle vinyasa yoga story telling and meditation.</i>	
	<b>Year 4-6</b> <b>Esports</b> <b>Arhie &amp; Tim T</b> <b>Max 10</b> <b>4.15-5.00pm</b> <i>Run by Archie G (Yr 11) Come along, learn and enjoy playing Esports within our state of the art Esports Studios.</i>	<b>Year 5-6</b> <b>Meditation, Breathwork &amp; Reiki</b> <b>Ellie</b> <b>Studios</b> <b>Cost:£100 for 10 weeks</b> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>		<b>Year 1-4</b> <b>Judo</b> <b>Oliver</b> <b>Ballroom</b> <b>Cost: £103 for 10 weeks</b> <b>15.30-16.30pm</b> <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. £ 103 for 10 weeks.</i> <i>Oliver will be in contact for more information and payment details.</i>	
		<b>Year 4-6</b> <b>Junior Singers</b> <b>Josh</b> <b>Music Dept</b> <b>3.30-4pm</b> <i>Come along and enjoy improving your singing and harmonizing as part of a choir</i>			

# YEAR 7 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORN-ING</b> 7.50am		<b>Touch Typing</b> <b>Years 7</b> <b>Kelly H, ITC3</b> <i>An invite only club targeted at those students who regularly use a laptop for their academic work.</i>			
<b>LUNCH</b> 1:10 - 1:55pm	<b>Open Gym</b> <b>Years 7 to 13, Lloyd</b> <b>Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> <b>Years 7 to 13 (max 10)</b> <b>James Bell</b> <b>MU 7</b>	<b>Yoga</b> <b>Years 7 to 9</b> <b>Amanda Mc</b> <b>Drama Studios</b> <i>Come along and stretch out in this chilled ECA</i>	<b>Women in Esport</b> <b>Years 7 to 11</b> <b>Tim, Esports Suite</b> <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	<b>Open Art</b> <b>Years 7 to 9</b> <b>Brendan, AD4</b> <i>Work on your own individual painting and drawing project.</i>
	<b>Choc and a Chat</b> <b>Years 7 to 13 , Beverley &amp; Jo D</b> <b>The Hub</b> <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> <b>Years 7 to 13 (max 20)</b> <b>Lloyd, Sports Hall</b> <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> <b>Years 7 to 13</b> <b>Clare, MU14</b>	<b>Musical Dance Hour</b> <b>Years 7 to 10</b> <b>Sarah Barker, Nevill Hall</b> <i>Learn dances from different West End musicals</i>	<b>Board Games in French</b> <b>Years 7 to 11</b> <b>Valerie, MH1</b> <i>Let's play board games in French.</i>
	<b>Charity, Outreach and Partnership Committee</b> <b>Years 7 to 13 , Lynn G</b> <b>Drama studio</b> <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Functional Gym Training</b> <b>Years 7 &amp; 8</b> <b>Millie, Gym</b> <i>A high energy functional training session. Focus on technique and cardiovascular fitness</i>	<b>Warhammer</b> <b>Years 7 to 10</b> <b>Amy, Ceramics Room</b> <i>Build, paint and battle with friends.</i>	<b>Chess Club</b> <b>Years 7 to 13</b> <b>Dan P</b> <b>Science Block</b> <i>Learn, Play and compete in chess against your friends</i>	<b>Mindfulness Paint by Numbers</b> <b>Years 7 to 9</b> <b>Flic, F23</b> <i>Come along to relax &amp; get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>
	<b>Street Dance</b> <b>Years 7 to 9</b> <b>Sixth Form Led &amp; Becky</b> <b>Dance studio</b> <i>An open dance club for students to learn and create fun dances in a street dance style</i>	<b>Senior Choir</b> <b>Years 7 to 13</b> <b>Laura, MRR</b>			<b>Rock and Pop/Funk Band</b> <b>Years 7 to 13</b> <b>Alex &amp; Josh, Laura</b> <b>MU10, MU14 and MRR</b>
	<b>Lantern Making</b> <b>Years 7 to 9</b> <b>Amy</b> <b>Ceramics Room</b> <i>Design and make a lantern out of willow and paper, for the Farnham Lantern Festival 2024, which takes place on 31st October.</i>	<b>Ceramics</b> <b>Years 7 to 10</b> <b>Amy, Ceramics Room</b> <i>Enjoy exploring various hand building techniques.</i>			<b>Frensham Heights Dance Troupe</b> <b>Years 7 to 11</b> <b>Becky McKellar</b> <b>Nevil Hall</b> <i>Come join the dance troupe to learn dances in different styles for performances</i>



# YEAR 7 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>AFTER SCHOOL</b> <b>4.30-5.30pm</b>	<b>Level 1 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	<b>Back to Broadway</b> <b>Years 7 to 13</b> <b>16:30-18:30</b> <b>Student Led (Kat)</b> <b>Theatre/Studios</b> <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	<b>Jigsaw Puzzle Club</b> <b>Years 7 to 13</b> <b>16:15-17:00</b> <b>Zoe, F8</b> <i>If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</i>	<b>Judo</b> <b>Years 5 to 8</b> <b>Oliver, Neville Hall</b> Cost: £103 for 10 weeks <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. Full personal kit is provided to take home.</i>
		<b>Meditation, Breathwork &amp; Reiki</b> <b>Years 7 to 13</b> <b>Ellie</b> Cost: £100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Lauren, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Rory, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>
			<b>British Esports Students Champs (Fixtures and Practice)</b> <b>Years 7 to 11</b> <b>Tim T, Esports Suite</b> <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	<b>Prep Club</b> <b>Years 7 to 11</b> <b>Kate F</b> <i>An opportunity to complete prep</i>
		<b>Netball</b> <b>Years 7 to 13</b> <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Volleyball</b> <b>Years 7 to 13</b> <b>Lloyd, Sports Hall</b> <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	<b>Level 2 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>
		<b>Football</b> <b>Years 7 to 13</b> <b>Phil, Rory, Jack S</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</i>	<b>Parkour</b> <b>Years 7 to 13</b> <b>Kurtis, Neville Hall</b> Cost: £90 for 10 weeks <i>Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</i>	
		<b>Computer Club</b> <b>Years 7 to 11</b> <b>Karl, ICT1</b> <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	<b>Golf</b> <b>Years 7 to 13</b> <b>Phil</b> Cost: £90 for 10 weeks <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	
		<b>Orchestra</b> <b>Years 7 to 13</b> <b>Laura</b> <b>Music Building</b> <i>An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</i>		

# YEAR 8 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>LUNCH</b> 1:10 – 1:55pm	<b>Open Gym</b> Years 7 to 13, Lloyd Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> Years 7 to 13 (max 10) James Bell MU 7	<b>Yoga</b> Years 7 to 9 Amanda Mc Drama Studios <i>Come along and stretch out in this chilled ECA</i>	<b>Women in Esport</b> Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	<b>Open Art</b> Years 7 to 9 Brendan, AD4 <i>Work on your own individual painting and drawing project.</i>	
	<b>Choc and a Chat</b> Years 7 to 13, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> Years 7 to 13 (max 20) Lloyd, Sports Hall <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> Years 7 to 13 Clare, MU14	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Board Games in French</b> Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>	
	<b>Charity, Outreach and Partnership Committee</b> Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Functional Gym Training</b> Years 7 & 8 Millie, Gym <i>A high energy functional training session. Focus on technique and cardiovascular fitness</i>	<b>Warhammer</b> Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	<b>Chess Club</b> Years 7 to 13, Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	<b>Mindfulness Paint by Numbers</b> Years 7 to 9 Flic, F23 <i>Come along to relax &amp; get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>	
	<b>Street Dance</b> Years 7 to 9 Sixth Form Led & Becky Dance studio <i>An open dance club for students to learn and create fun dances in a street dance style</i>	<b>Senior Choir</b> Years 7 to 13 Laura, MRR	<b>Ultimate Frisbee</b> Years 8 to 13 Grant Gallacher Sports Field <i>Mixed teams, self refereeing, fast paced, high flying!</i>	<b>Musical Dance Hour</b> Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	<b>Rock and Pop/Funk Band</b> Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR	
	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Ceramics</b> Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>		<b>Frensham Heights Dance Troupe</b> Years 7 to 11 Becky McKellar Nevill Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>	
	<b>Lantern Making</b> Years 7 to 9, Amy Ceramics Room <i>Design and make a lantern out of willow and paper, for the Farnham Lantern Festival 2024, which takes place on 31st October.</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Girls Music</b> Years 8 Mandy MU10 <i>Invitation Only</i>		<b>Gymnastics</b> Years 7 to 9 Hannah, Sports Hall <b>£70 for 10 weeks</b> <i>Please register on SOCS and also follow this link to register with Hannah <a href="https://www.springboxgymnastics.co.uk/frensham-heights">https://www.springboxgymnastics.co.uk/frensham-heights</a> SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>	
						<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>

# YEAR 8 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>AFTER SCHOOL</b> <b>4.30-5.30pm</b>	<b>Level 1 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	<b>Back to Broadway</b> <b>Years 7 to 13</b> <b>16:30-18:30</b> <b>Student Led (Kat)</b> <b>Theatre/Studios</b> <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	<b>Jigsaw Puzzle Club</b> <b>Years 7 to 13</b> <b>16:15-17:00</b> <b>Zoe, F8</b> <i>If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</i>	<b>Judo</b> <b>Years 5 to 8</b> <b>Oliver, Neville Hall</b> Cost: £103 for 10 weeks <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. Full personal kit is provided to take home.</i>	
		<b>Meditation, Breathwork &amp; Reiki</b> <b>Years 7 to 13</b> <b>Ellie</b> Cost: £100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Lauren, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Rory, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
			<b>British Esports Students Champs (Fixtures and Practice)</b> <b>Years 7 to 11</b> <b>Tim T, Esports Suite</b> <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	<b>Greenpower</b> <b>Years 8 to 10</b> <b>Giles, Gemma, Neil</b> <b>DT Workshops</b> <i>Design, build and race an electric car! Invite only.</i>	
		<b>Computer Club</b> <b>Years 7 to 11</b> <b>Karl, ICT1</b> <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	<b>Volleyball</b> <b>Years 7 to 13</b> <b>Lloydy, Sports Hall</b> <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	<b>Level 2 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	<b>Prep Club</b> <b>Years 7 to 11</b> <b>Kate F</b> <i>An opportunity to complete prep</i>
		<b>Football</b> <b>Years 7 to 13</b> <b>Phil, Rory, Jack S</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</i>	<b>Parkour</b> <b>Years 7 to 13</b> <b>Kurtis, Neville Hall</b> Cost: £90 for 10 weeks <i>Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</i>		
		<b>Netball</b> <b>Years 7 to 13</b> <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Golf</b> <b>Years 7 to 13</b> <b>Phil</b> Cost: £90 for 10 weeks <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>		
		<b>Orchestra</b> <b>Years 7 to 13</b> <b>Laura</b> <b>Music Building</b> <i>An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</i>			



# YEAR 9 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> 1:10 – 1:55pm	<b>Open Gym</b> Years 7 to 13, Lloydly Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> Years 7 to 13 (max 10) James Bell MU7	<b>Choc and a Chat</b> Years 9, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Women in Esport</b> Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	<b>Open Art</b> Years 7 to 9 Brendan, AD4 <i>Work on your own individual painting and drawing project.</i>
	<b>Choc and a Chat</b> Years 7 to 13, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> Years 7 to 13 (max 20) Lloydly, Sports Hall <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> Years 7 to 13 Clare, MU14	<b>Philosophy Circle</b> Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	<b>Board Games in French</b> Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	<b>Charity, Outreach and Partnership Committee</b> Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Senior Choir</b> Years 7 to 13 Laura, MRR	<b>Warhammer</b> Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	<b>Chess Club</b> Years 7 to 13, Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	<b>Mindfulness Paint by Numbers</b> Years 7 to 9 Flic, F23 <i>Come along to relax &amp; get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>
	<b>Street Dance</b> Years 7 to 9 Sixth Form Led & Becky Dance studio <i>An open dance club for students to learn and create fun dances in a street dance style</i>	<b>Ceramics</b> Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	<b>Ultimate Frisbee</b> Years 8 to 13 Grant Gallacher Sports Field <i>Mixed teams, self refereeing, fast paced, high flying!</i>	<b>Musical Dance Hour</b> Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	<b>Rock and Pop/Funk Band</b> Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR
	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Frensham Heights Dance Troupe</b> Years 7 to 11 Becky McKellar Nevil Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	<b>Lantern Making</b> Years 7 to 9 Amy Ceramics Room <i>Design and make a lantern out of willow and paper, for the Farnham Lantern Festival 2024, which takes place on 31st October.</i>	<b>EcoHeights</b> Years 9 to 13 Gemma B, AD6 Frensham's Environmental Committee	<b>Basketball</b> Years 9 to 13 Andy, Sports Hall <i>Aspiring team players should come along to this ECA. Basketball season starts in January. Combination of drills, tactics and game play.</i>	<b>Card Games</b> Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	<b>Gymnastics</b> Years 7 to 9 Hannah, Sports Hall <b>£70 for 10 weeks</b> <i>Please register on SOCS and also follow this link to register with Hannah <a href="https://www.springboxgymnastics.co.uk/frensham-heights">https://www.springboxgymnastics.co.uk/frensham-heights</a> SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
		<b>The Lab</b> Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	<b>Technical Theatre</b> Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>		
			<b>Yoga</b> Years 7 to 9 Amanda Mc Drama Studios <i>Come along and stretch out in this chilled ECA</i>		
			<b>Year 9-13 Senior Play Rehearsal</b> Kat Theatre/Studios <i>Take part in the senior play production, title to be announced soon!</i>		<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
					<b>Bronze DofE</b> Years 9 Pippa, Wallace Lab <i>Come and prepare for your expedition! Keep a track of your sections with support.</i>



# YEAR 9 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>AFTER SCHOOL</b> <b>4.30-5.30pm</b>	<b>Level 1 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	<b>Back to Broadway</b> <b>Years 7 to 13</b> <b>16:30-18:30</b> <b>Student Led (Kat)</b> <b>Theatre/Studios</b> <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	<b>Jigsaw Puzzle Club</b> <b>Years 7 to 13</b> <b>16:15-17:00</b> <b>Zoe, F8</b> <i>If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Rory, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
		<b>Meditation, Breathwork &amp; Reiki</b> <b>Years 7 to 13</b> <b>Ellie</b> Cost: £100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Lauren, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Greenpower</b> <b>Years 8 to 10</b> <b>Giles, Gemma, Neil</b> <b>DT Workshops</b> <i>Design, build and race an electric car! Invite only.</i>	
			<b>British Esports Students Champs (Fixtures and Practice)</b> <b>Years 7 to 11</b> <b>Tim T, Esports Suite</b> <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	<b>Prep Club</b> <b>Years 7 to 11</b> <b>Kate F</b> <i>An opportunity to complete prep</i>	
		<b>Computer Club</b> <b>Years 7 to 11</b> <b>Karl, ICT1</b> <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	<b>Volleyball</b> <b>Years 7 to 13</b> <b>Lloydy, Sports Hall</b> <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	<b>Level 2 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	<b>Senior Play Rehearsal</b> <b>Year 9-13</b> <b>Kat</b> <b>Theatre/Studios</b> <b>4.30-6.30pm</b> <i>Take part in the senior play production, title to be announced soon!</i>
		<b>Football</b> <b>Years 7 to 13</b> <b>Phil, Rory, Jack S</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</i>	<b>Parkour</b> <b>Years 7 to 13</b> <b>Kurtis, Neville Hall</b> Cost: £90 for 10 weeks <i>Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</i>		
		<b>Netball</b> <b>Years 7 to 13</b> <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Golf</b> <b>Years 7 to 13</b> <b>Phil</b> Cost: £90 for 10 weeks <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>		
	<b>Orchestra</b> <b>Years 7 to 13</b> <b>Laura</b> <b>Music Building</b> <i>An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</i>				

# YEAR 10 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> 1:10 – 1:55pm	<b>Open Gym</b> Years 7 to 13, Lloyd Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> Years 7 to 13 (max 10) James Bell MU 7	<b>Choc and a Chat</b> Year 10, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Women in Esport</b> Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	<b>Board Games in French</b> Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	<b>Choc and a Chat</b> Years 7 to 13, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> Years 7 to 13 (max 20) Lloyd, Sports Hall <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> Years 7 to 13 Clare, MU14	<b>Philosophy Circle</b> Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	<b>Rock and Pop/Funk Band</b> Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR
	<b>Charity, Outreach and Partnership Committee</b> Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Senior Choir</b> Years 7 to 13 Laura, MRR	<b>Warhammer</b> Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	<b>Chess Club</b> Years 7 to 13 Dan P <b>Science Block</b> <i>Learn, Play and compete in chess against your friends</i>	<b>Frensham Heights Dance Troupe</b> Years 7 to 11 Becky McKellar Nevil Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	<b>Contemporary technique and choreography</b> Years 10 - 13 Becky M, Nevil Hall <i>A session of contemporary technique and choreography ideal as an extra or as an additional to your dance studies</i>	<b>Ceramics</b> Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	<b>Ultimate Frisbee</b> Years 8 to 13 Grant Gallacher Sports Field <i>Mixed teams, self refereeing, fast paced, high flying!</i>	<b>Musical Dance Hour</b> Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	<b>Photoshop Skills</b> Years 10 - 11 Anna B-A Studios Classroom 2 <i>Develop your photoshop skills in this creative club</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Silver DofE</b> Year 10 Kevin / Matt Meitner Lab <i>Compulsory ECA for all Silver candidates.</i>
	<b>Psychology and Sociology Club</b> Years 10 & 11 Paul S, Flottage <i>Investigating and understanding the meaning of life in all its splendour!</i>	<b>EcoHeights</b> Years 9 to 13 Gemma B, AD6 Frensham's Environmental Committee	<b>Basketball</b> Years 9 to 13 Andy, Sports Hall <i>Aspiring team players should come along to this ECA. Basketball season starts in January. Combination of drills, tactics and game play.</i>	<b>Card Games</b> Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	<b>The Barbell Society</b> Years 10 -13 Phil, Gym <i>Structured weight training, focus on form and gradual gains to include olympic lifts and understanding working safely in the gym as a community.</i>
	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>The Lab</b> Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	<b>Technical Theatre</b> Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	<b>Borneo Training</b> Years 10 - 13 Linn K & Matt B Billiard Room <i>Meeting everyother week to run over essential expedition skills, team work and leadership development in preparation for the expedition of a lifetime.</i>	<b>History Film Club</b> Years 10 -13 Matt Burns, F6 <i>Watch and learn form Historical films</i>
			<b>Year 9-13 Senior Play Rehearsal</b> Kat Theatre/Studios <i>Take part in the senior play production, title to be announced soon!</i>	<b>DT Open Workshop</b> Years 10 - 13 Gemma & Giles, AD6a <i>Make use of the workshops to design and create</i>	<b>Portfolio and Creative Progression Surgery</b> Years 10 -13 Michele Art Block

# YEAR 10 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>AFTER SCHOOL</b> <b>4.30-5.30pm</b>	<b>Level 1 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> <i>Cost: £115 for 10 weeks</i> <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword/ lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	<b>Back to Broadway</b> <b>Years 7 to 13</b> <b>16:30-18:30</b> <b>Student Led (Kat)</b> <b>Theatre/Studios</b> <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	<b>Jigsaw Puzzle Club</b> <b>Years 7 to 13</b> <b>16:15-17:00</b> <b>Zoe, F8</b> <i>If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Rory, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
		<b>Meditation, Breathwork &amp; Reiki</b> <b>Years 7 to 13</b> <b>Ellie</b> <i>Cost: £100 for 10 weeks</i> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Lauren, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Greenpower</b> <b>Years 8 to 10</b> <b>Giles, Gemma, Neil</b> <b>DT Workshops</b> <i>Design, build and race an electric car! Invite only.</i>	
			<b>British Esports Students Champs (Fixtures and Practice)</b> <b>Years 7 to 11</b> <b>Tim T, Esports Suite</b> <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>		
		<b>PADI Open Water Scuba Course</b> <b>Years 9 to 13</b> <b>16:30-18:30</b> <b>Charlie B, Pool</b> <i>Cost: £180</i> <i>Learn to Scuba Dive</i>	<b>Volleyball</b> <b>Years 7 to 13</b> <b>Lloyd, Sports Hall</b> <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	<b>Level 2 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	<b>Prep Club</b> <b>Years 7 to 11</b> <b>Kate F</b> <i>An opportunity to complete prep</i>
		<b>Football</b> <b>Years 7 to 13</b> <b>Phil, Rory, Jack S</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</i>	<b>Parkour</b> <b>Years 7 to 13</b> <b>Kurtis, Neville Hall</b> <i>Cost: £90 for 10 weeks</i> <i>Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</i>		<b>Senior Play Rehearsal</b> <b>Year 9-13</b> <b>Kat</b> <b>Theatre/Studios</b> <b>4.30-6.30pm</b> <i>Take part in the senior play production, title to be announced soon!</i>
		<b>Netball</b> <b>Years 7 to 13</b> <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Golf</b> <b>Years 7 to 13</b> <b>Phil</b> <i>Cost: £90 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>		
		<b>Computer Club</b> <b>Years 7 to 11</b> <b>Karl, ICT1</b> <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	<b>GCSE &amp; A-Level Climbing</b> <b>Years 10 to 13</b> <b>16:30-18:30</b> <b>Surrey Sports Park</b> <b>Linn &amp; Matt Brown</b> <i>Cost: £9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>		
		<b>Orchestra</b> <b>Years 7 to 13</b> <b>Laura</b> <b>Music Building</b> <i>An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</i>			



# YEAR 11 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> 1:10 – 1:55pm	<b>Open Gym</b> Years 7 to 13, Lloyd Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> Years 7 to 13 (max 10) James Bell MU 7	<b>Technical Theatre</b> Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	<b>Women in Esport</b> Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	<b>Board Games in French</b> Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	<b>Choc and a Chat</b> Years 7 to 13, Beverley & Jo D The Hub <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> Years 7 to 13 (max 20) Lloyd, Sports Hall <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> Years 7 to 13 Clare, MU14	<b>Borneo Training</b> Years 10 - 13 Linn K & Matt B Billiard Room <i>Meeting every other week to run over essential expedition skills, team work and leadership development in preparation for the expedition of a lifetime.</i>	<b>Rock and Pop/Funk Band</b> Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR
	<b>Charity, Outreach and Partnership Committee</b> Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Senior Choir</b> Years 7 to 13 Laura, MRR	<b>Ultimate Frisbee</b> Years 8 to 13 Grant Gallacher Sports Field <i>Mixed teams, self refereeing, fast paced, high flying!</i>	<b>Chess Club</b> Years 7 to 13 Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	<b>Frensham Heights Dance Troupe</b> Years 7 to 11 Becky McKellar Nevil Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	<b>Yr 11 Committee</b> Year 11 Paul H, Hub <i>Come and help organise activities for your year group</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	<b>Contemporary technique and choreography</b> Years 10 - 13 Becky M, Nevil Hall <i>A session of contemporary technique and choreography ideal as an extra or as an additional to your dance studies</i>	<b>EcoHeights</b> Years 9 to 13 Gemma B, AD6 <i>Frensham's Environmental Committee</i>	<b>Basketball</b> Years 9 to 13 Andy, Sports Hall <i>Aspiring team players should come along to this ECA. Basketball season starts in January. Combination of drills, tactics and game play.</i>	<b>Card Games</b> Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	<b>The Barbell Society</b> Years 10 -13 Phil, Gym <i>Structured weight training, focus on form and gradual gains to include olympic lifts and understanding working safely in the gym as a community.</i>
	<b>Additional Maths Practice</b> Year 11 Katherine, F2 <i>Advisory ECA for all Additional Maths Y11 students to practice methods learnt in class.</i>	<b>The Lab</b> Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	<b>Year 9-13 Senior Play Rehearsal</b> Kat Theatre/Studios <i>Take part in the senior play production, title to be announced soon!</i>	<b>Philosophy Circle</b> Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	<b>History Film Club</b> Years 10 -13 Matt Burns, F6 <i>Watch and learn from Historical films</i>
	<b>Librarian Assistant</b> Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Literature Extention</b> Year 11 Sam S, English Room <i>Think about the bigger picture and the big unanswered questions. Extend your Literature and contextual knowledge.</i>		<b>DT Open Workshop</b> Years 10 - 13 Gemma & Giles, AD6a <i>Make use of the workshops to design and create</i>	<b>Portfolio and Creative Progression Surgery</b> Years 10 -13 Michele Art Block
	<b>Psychology and Sociology Club</b> Years 10 & 11 Paul S, Flottage <i>Investigating and understanding the meaning of life in all its splendour!</i>				
	<b>Photoshop Skills</b> Years 10 - 11 Anna B-A Studios Classroom 2 <i>Develop your photoshop skills in this creative club</i>				

# YEAR 11 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p><b>Level 1 Sword/ Lightsaber ECA</b> Years 7 to 13 <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword /lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</p>	<p><b>Back to Broadway</b> Years 7 to 13 16:30-18:30 <b>Student Led (Kat)</b> <b>Theatre/Studios</b> Perform Musical Theatre classics- old and new in this student led ECA</p>	<p><b>Jigsaw Puzzle Club</b> Years 7 to 13 16:15-17:00 <b>Zoe, F8</b> If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</p>	<p><b>Open Gym</b> Years 7 to 13 <b>Rory, Gym</b> Make use of the functional training gym from weight training, cardio and functional training</p>
		<p><b>Meditation, Breathwork &amp; Reiki</b> Years 7 to 13 <b>Ellie</b> Cost:£100 for 10 weeks Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</p>	<p><b>Open Gym</b> Years 7 to 13 <b>Lauren, Gym</b> Make use of the functional training gym from weight training, cardio and functional training</p>	<p><b>Prep Club</b> Years 7 to 11 <b>Kate F</b> An opportunity to complete prep</p>
	<p><b>PADI Open Water Scuba Course</b> Years 9 to 13 16:30-18:30 <b>Charlie B, Pool</b> Cost: £180 Learn to Scuba Dive</p>	<p><b>Volleyball</b> Years 7 to 13 <b>Lloydy, Sports Hall</b> Always action packed, learn new skills and game play with this high energy volleyball session!</p>	<p><b>Level 2 Sword/ Lightsaber ECA</b> Years 7 to 13 <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</p>	<p><b>Senior Play Rehearsal</b> Year 9-13 <b>Kat</b> <b>Theatre/Studios</b> 4.30-6.30pm Take part in the senior play production, title to be announced soon!</p>
	<p><b>Football</b> Years 7 to 13 <b>Phil, Rory, Jack S</b> <b>Astro</b> Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</p>	<p><b>Parkour</b> Years 7 to 13 <b>Kurtis, Neville Hall</b> Cost: £90 for 10 weeks Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</p>		
	<p><b>Netball</b> Years 7 to 13 <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</p>	<p><b>Golf</b> Years 7 to 13 <b>Phil</b> Cost: £90 for 10 weeks A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</p>		
	<p><b>Computer Club</b> Years 7 to 11 <b>Karl, ICT1</b> Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</p>	<p><b>GCSE &amp; A-Level Climbing</b> Years 10 to 13 16:30-18:30 <b>Surrey Sports Park</b> <b>Linn &amp; Matt Brown</b> Cost: £9 per session Meeting at the minibuses outside the Aldridge Theatre.</p>		
	<p><b>Orchestra</b> Years 7 to 13 <b>Laura</b> <b>Music Building</b> An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</p>			

# YEARS 12/13 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> 1:10 – 1:55pm	<b>Open Gym</b> <b>Years 7 to 13, Lloyd</b> <b>Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Learning to DJ</b> <b>Years 7 to 13 (max 10)</b> <b>James Bell</b> <b>MU 7</b>	<b>Technical Theatre</b> <b>Years 9 to 13</b> <b>Helen, Theatre</b> <i>Come along and learn technical skills to support productions.</i>	<b>Borneo Training</b> <b>Years 10 - 13</b> <b>Linn K &amp; Matt B</b> <b>Billiard Room</b> <i>Meeting every other week to run over essential expedition skills, team work and leadership development in preparation for the expedition of a lifetime.</i>	<b>Rock and Pop/Funk Band</b> <b>Years 7 to 13</b> <b>Alex &amp; Josh, Laura</b> <b>MU10, MU14 and MRR</b>
	<b>Choc and a Chat</b> <b>Years 7 to 13, Beverley &amp; Jo D</b> <b>The Hub</b> <b>Invitation Only</b> <i>Spend time together discussing matters of importance to each other, current affairs and the news.</i>	<b>Badminton</b> <b>Years 7 to 13 (max 20)</b> <b>Lloyd, Sports Hall</b> <i>Badminton club. Combination of drills, matches, tournaments, singles, doubles, mixed. All welcome to have fun and competition</i>	<b>Senior Percussion &amp; Drumming Ensemble</b> <b>Years 7 to 13</b> <b>Clare, MU14</b>	<b>Chess Club</b> <b>Years 7 to 13</b> <b>Dan P</b> <b>Science Block</b> <i>Learn, Play and compete in chess against your friends</i>	<b>Librarian Assistant</b> <b>Years 8 to 13</b> <b>Noel, Library, Max 1</b> <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	<b>Charity, Outreach and Partnership Committee</b> <b>Years 7 to 13, Lynn G</b> <b>Drama studio</b> <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	<b>Senior Choir</b> <b>Years 7 to 13</b> <b>Laura, MRR</b>	<b>Ultimate Frisbee</b> <b>Years 8 to 13</b> <b>Grant Gallacher</b> <b>Sports Field</b> <i>Mixed teams, self refereeing, fast paced, high flying!</i>	<b>Librarian Assistant</b> <b>Years 8 to 13</b> <b>Noel, Library, Max 1</b> <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>The Barbell Society</b> <b>Years 10-13</b> <b>Phil, Gym</b> <i>Structured weight training, focus on form and gradual gains to include olympic lifts and understanding working safely in the gym as a community.</i>
	<b>Librarian Assistant</b> <b>Years 8 to 13</b> <b>Noel, Library, Max 1</b> <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> <b>Years 8 to 13</b> <b>Noel, Library, Max 1</b> <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Librarian Assistant</b> <b>Years 8 to 13</b> <b>Noel, Library, Max 1</b> <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	<b>Card Games</b> <b>Years 9 to 13</b> <b>Alison B, F15</b> <i>Learn and play classic and new games in this fun packed ECA</i>	<b>History Film Club</b> <b>Years 10-13</b> <b>Matt Burns, F6</b> <i>Watch and learn from Historical films</i>
	<b>Contemporary technique and choreography</b> <b>Years 10 - 13</b> <b>Becky M, Nevil Hall</b> <i>A session of contemporary technique and choreography ideal as an extra or as an additional to your dance studies</i>	<b>EcoHeights</b> <b>Years 9 to 13</b> <b>Gemma B, AD6</b> <i>Frensham's Environmental Committee</i>	<b>Basketball</b> <b>Years 9 to 13</b> <b>Andy, Sports Hall</b> <i>Aspiring team players should come along to this ECA. Basketball season starts in January. Combination of drills, tactics and game play.</i>	<b>Philosophy Circle</b> <b>Years 9 to 13</b> <b>Jack T, F23</b> <i>Deep thought, debate and the meaning of life.</i>	<b>Portfolio and Creative Progression Surgery</b> <b>Years 10-13</b> <b>Michele</b> <b>Art Block</b>
		<b>The Lab</b> <b>Years 9 to 13</b> <b>Rich, Seaborg Room</b> <i>Research, design and carry out your own chemistry experiments</i>	<b>Year 9-13</b> <b>Senior Play Rehearsal</b> <b>Kat</b> <b>Theatre/Studios</b> <i>Take part in the senior play production, title to be announced soon!</i>	<b>DT Open Workshop</b> <b>Years 10 - 13</b> <b>Gemma &amp; Giles, AD6a</b> <i>Make use of the workshops to design and create</i>	
			<b>Gold DofE</b> <b>Years 12 to 13</b> <b>Nick Boon-Arnell</b> <b>Wallace Lab</b> <i>Compulsory ECA for all Gold candidates.</i>		



# YEARS 12/13 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>AFTER SCHOOL</b> <b>4.30-5.30pm</b>	<b>Level 1 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	<b>Back to Broadway</b> <b>Years 7 to 13</b> <b>16:30-18:30</b> <b>Student Led (Kat)</b> <b>Theatre/Studios</b> <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	<b>Jigsaw Puzzle Club</b> <b>Years 7 to 13</b> <b>16:15-17:00</b> <b>Zoe, F8</b> <i>If you enjoy the satisfaction of a job completed, the click of a piece in place and the fun it brings, then join puzzle club!</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Rory, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
		<b>Meditation, Breathwork &amp; Reiki</b> <b>Years 7 to 13</b> <b>Ellie</b> Cost: £100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>	<b>Open Gym</b> <b>Years 7 to 13</b> <b>Lauren, Gym</b> <i>Make use of the functional training gym from weight training, cardio and functional training</i>	<b>Senior Play Rehearsal</b> <b>Year 9-13</b> <b>Kat</b> <b>Theatre/Studios</b> <b>4.30-6.30pm</b> <i>Take part in the senior play production, title to be announced soon!</i>	
			<b>Level 2 Sword/ Lightsaber ECA</b> <b>Years 7 to 13</b> <b>Bill Liddle, Studios</b> Cost: £115 for 10 weeks <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>		
		<b>Football</b> <b>Years 7 to 13</b> <b>Phil, Rory, Jack S</b> <b>Astro</b> <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 7-13 wishing to take part in matches this term should be attending this session.</i>	<b>Volleyball</b> <b>Years 7 to 13</b> <b>Lloydy, Sports Hall</b> <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>		
		<b>Netball</b> <b>Years 7 to 13</b> <b>Jo D, Millie &amp; Sian</b> <b>Netball Courts</b> <i>Competitive sport for this term, learn all elements of netball skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	<b>Parkour</b> <b>Years 7 to 13</b> <b>Kurtis, Neville Hall</b> Cost: £90 for 10 weeks <i>Come join the PFT Academy team and explore the exciting sports of Parkour, Freerunning, and Tricking with our specialist equipment and coaching team. Let us know if you wish to join this ECA and also contact <a href="https://pftacademy.com/frenshamheightsparkour/">https://pftacademy.com/frenshamheightsparkour/</a> to book your place.</i>		
		<b>PADI Open Water Scuba Course</b> <b>Years 9 to 13</b> <b>16:30-18:30</b> <b>Charlie B, Pool</b> Cost: £180 <i>Learn to Scuba Dive</i>	<b>Golf</b> <b>Years 7 to 13</b> <b>Phil</b> Cost: £90 for 10 weeks <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>		
	<b>Orchestra</b> <b>Years 7 to 13</b> <b>Laura</b> <b>Music Building</b> <i>An instrumental ensemble for string, woodwind and brass players who play to a standard of Grade 1 or above.</i>	<b>GCSE &amp; A-Level Climbing</b> <b>Years 10 to 13</b> <b>16:30-18:30</b> <b>Surrey Sports Park</b> <b>Linn &amp; Matt Brown</b> Cost: £9 per session <i>Meeting at the minibuses outside the Aldridge Theatre.</i>			