

LADIES' COLLEGE - SPORTS SCHEDULE 2020

(Grade 4-14 only)

SPORTS		Coach/ Trainer	Teacher in charge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Archery		Mr Thayabally	Ms Shamindi Vidyaratne Ms Dilki Benadict		2.30-5.00pm	2.30-5.00pm	2.30-4.30pm			
Artistic Swimming		Ms Jerusha Perera Ms Dassanayake	Ms. Sonali Jayasekera Ms Priscilla Jebarajan		5.00-8.00pm		5.00-8.00pm		6.00-9.00am	
Athletics		Mr Thanthirige/ Mr Jayakody Mr Hettiarachchi/ Mr Somaratne	Ms Peushani Silva	2.30-4.30pm		2.30-4.30pm		2.30-4.30pm		
Badminton		Mr Fernando Ms Himashi Wijeratne	Ms Anusha Ranasinghe	2.00-6.00pm		2.00-6.00pm	2.00-6.00pm			
Basketball School Squad Junior Squad Beginners		Mr Ajith Kuruppu Mr Prasanna Mr Indika	Ms Bullumulla Ms Pathmi Ratnayake	2.15-5.00pm	6.00-7.15am	2.15-5.00pm 2.15-4.00pm	6.00-7.15am	2.15-5.00pm		
Chess Junior Senior		Mr Pavitra Athukorala Mr Osheen de Silva	Ms Brenda Rajapakse				6.15-7.30am 2.00-4.00pm	2.00-4.00pm		
Hockey		Ms Sunethra Rupasinghe/ Ms Esanka Sevbandi	Ms A N Joseph	Fitness 6.00-7.00am	3.00-5.00pm		3.00-5.00pm		6.00-8.30am	
Karate		Jurampathy Sensei/ Bandusena Sensei	Ms. Anusha Ranasinghe	2.00 - 4.00				2.00-4.00pm		
Netball		Mr D Bandara/ Ms P Navaratne	Ms Brenda Rajapakse	6.00- 7.15am	6.00-7.15am		6.00-7.15am	6.00-7.15am		
Rowing ****		Mr Sharen Kannangara	Ms Mano Navaratne Ms Lilamani de Sayrah		2.15-6.15 pm		2.15-6.15 pm			2.15-6.15pm
Scrabble		Mr K Mahendra	Ms Damayanthi Jirasinha					2.00-4.00 pm		
Squash		Ms Yasmin Zarook/ Mr C Thalagala	Ms Anusha Peiris	2.30-4.30pm	5.45-7.15am	2.00-3.00pm	2.00-4.30pm	5.45-7.15am		
Swimming Squad Squad (beginners)		Mr. Eranga Fernando Mr. Thejaka De Silva	Ms Nelum Nisha Ms Irosha Fernando	5.45-7.15am 2.15-3.15pm	5.45-7.15 am	5.45-7.15 am 2.15- 3.15pm	5.45-7.15 am	5.45-7.15 am		
Table Tennis Senior Grd 8 Up Juniors Grd 4 - 7		Mr N H Perera Mrs Mauli Peiris Mrs Wasantha Kodikara	Ms Jessica Navanesan Ms Pathmi Ratnayake	6.15-7.15am 2.00-4.30pm	2.00-4.00pm	6.15 - 7.15am 2.00-4.30pm	2.00-4.30pm	6.15-7.15am 2.00-4.30pm		
Tennis Squad Under 15, 17, 19 Under 11 & 13 BEGINNERS		Mr Sylvester Francis Mr Sudharshan	Ms Chulani Ekanayake Ms Priscilla Jebarajan			6.00 - 7.15am		6.00-7.15am	10.30-12.30pm 10.30-12.30pm 8.00-10.30am 7.00-8.00am	
Water Polo Senior Junior Flippa Ball		Mr Zaffar Zainudeen Mr Kanishka Fernando	Ms Sonali Jayasekera	5.30-7.00pm		5.30-7.00pm 4.45-6.00pm		5.30-7.00pm		

**** Rowing - Due to high membership fees charged by the Colombo Rowing Club, we are compelled to charge a term fee for Rowing.

LADIES' COLLEGE - EXTRA CURRICULAR ACTIVITIES SCHEDULE 2020
(Grade 4-14 only)

Activity	Trainer	Teacher in charge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choir - Primary Intermediate Seniors	Ms Shenya Thelge	Ms Shyamalee Peiris	2.00-3.30pm		10.55-11.25am				
	Ms Anushka Abhayaratne/ Ms Bhagyaneer Benedict	Ms Bhagyaneer Benedict			2.00-4.00pm				
	Ms Nilmini Priyangika Wickramasingha	Ms Marina Hettiarachchi			2.15-4.15pm				
Choir - Sinhala	Ms Nilmini Priyangika Wickramasingha	Ms Marina Hettiarachchi		2.15-4.15pm					
Choir - Tamil	Ms Thenuka Karunakaran	Ms Thenuka Karunakaran		2.00-4.00pm					
Orchestra - Oriental	Mr Nishitha Nilochana	Ms Marina Hettiarachchi		2.15-4.15pm					
Orchestra - Western	Ms Surekha Amarasinghe	Ms Uthpala Botheju		4.00-6.00pm					
Dancing - & Low	Beginners (Grade 4- Grade 8 upwards)	Ms Chitrangani Elpitiya/ Ms Sadani Sulochana	2.00-4.00pm						
		Ms Sadani Sulochana/ Ms Chitrangani Elpitiya		2.00-4.00pm					
Dancing - Bharatanatyam	Ms Sharmila devi Sunther		2:30-4:30pm				2:30-4:30pm		
Flute -	Mr Sarada Chulasinghe	Ms Sadani Sulochana				2.00-4.00pm			
Hewisi Band - Grade 10 upwards Grade 7, 8, 9	Mr Jithendra Vidyapathi	Ms Sadani Sulochana	2.00-4.00pm						
	Ms Chitrangani Elpitiya					2.00-4.00pm			
Senior	Ms Dimanthi Gunawardhana			2.30-4.00pm					
Girl Guides	Mrs Marlene Dissanayake/ Mrs Malkanthi de Silva			2.30-4.00pm					
Little Friends	Mrs Dushyanthi Perera/ Mrs Kumudini Amaratunga			2.00-3.45pm					

LADIES' COLLEGE - SPORTS SCHEDULE 2020

(Grade 3 students only)

SPORTS	Coach	Teacher in charge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ONLY STUDENTS WHO CAN SWIM A LENGTH CONFIDENTLY AND SUBJECT TO THE EVALUATION OF THE COACHES									
Artistic Swimming from 27th February	Ms Jerusha Ms Damisha	Ms Sonali Jayasekera Ms Priscilla Jebarajan				6.00-7.15 pm			
Badminton from 18th March	Mr Danushka Fernando Ms H Wijayarathne	Ms Anusha Ranasinghe	2.00-4.00 pm						
Basketball from 4th March	Mr Indika	Ms Pathmi Ratnayake Ms Bullumulla			2.00-3.00 pm				
Chess from 4th March	Mr Pavithra	Ms Brenda Rajapakse			2.00-3.30 pm				
Karate from 23rd March	Jurampathy Sensei	Ms Anusha Ranasinghe	2.00-3.00 pm						
Squash from 4th March	Mr Thalagala	Ms Anusha Peiris			2.00-3.00pm	2.00-3.30 pm			
ONLY STUDENTS WHO CAN SWIM A LENGTH CONFIDENTLY AND SUBJECT TO THE EVALUATION OF THE COACHES									
Swimming - Squad from 4th March		Ms Irosha Fernando	2.15-3.15 pm		2.15-3.15 pm				
Table Tennis from 2nd March	Mrs Mauli Peiris	Ms Pathmi Ratnayake	2.00-3.30pm						
Tennis from 28th February	Mr Sutharshan	Ms Chulani Ekanayake Ms Priscilla Jebarajan						7.00-8.00am	

(Grade 2 students only)

SPORTS	Coach	Teacher in charge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis from 28th Feb	Mr Sutharshan	Ms Chulani Ekanayake					1.30-2.30pm		