



Senior Program Catalogue 2022-2023

Session 1 (September 7th – October 12th – 15 classes)



Soccer - Students will learn soccer skills at BCA's indoor and outdoor facility taught by Gad Espinosa. As a player, Gad represented Canada at the 1987 FIFA Youth World Cup. He has played professionally for the 'Toronto Blizzard' and internationally in Ecuador. As a coach, Gad has experience at all levels of play from grassroots house league to Provincial Head Coach, where he prepared teams to participate in national competitions, including winning a Canadian National Championship. **Tier 2**



Volleyball – Instructor - Kevin Horne. Kevin has taught students of all ages and levels of abilities while coaching in Defensa for the past 10+ years. Students will be instructed in skill drills and small game situations that will focus on development of the fundamentals of the game. **Tier 2**



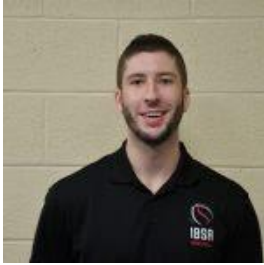
Soapbox derby - In this session, students will learn the physics involved in designing and building a soap box racer including: force, gravity, potential energy, kinetic energy, drag, vibration, friction and weight. Students will research successful designs, creating miniature models first and testing them for speed, stability and steering. In the final project of this session, students will design and build a soap box racer and then race them against their peers in the 4th BCA Soapbox Derby Challenge! **Tier 1**



Become a Recording Artist - Students will get the chance to feel like a real recording artist in this unique session. It begins with learning proper vocal techniques, and how to use your voice correctly. Then we will be choosing songs, based on student's interest to record. All students will learn to act as backup singers for each other as well, learning how to sing and blend their voices together. Finally, the session ends with the opportunity to visit Burlington's famous recording studio - BTown Sound to record their own demo! **Tier 2**

*Note - All programs are subject to change depending on enrollment and facility/instructor availability.

Session 2 (October 17th – November 18th - 15 classes)



Basketball - Students will learn basketball skills and strategies from Spencer MacDougall. Spencer is the former lead skills trainer for the Grimsby Basketball Association. He holds certifications in coaching by Ganon Baker Basketball as well as Basketball Ontario. Spencer brings high energy demonstration and teaching to the International Basketball and Sports Academy (IBSA) program, as well as extensive knowledge in sport-specific nutrition and supplementation. **Tier 2**



Hockey - Students will travel to the Wave Hockey Facility and develop skills from one of their in house instructors. The focus will be on power skating, edgework, stick handling and puck movement. Students will also participate in mini games and scrimmages. Full equipment is required. **Tier 4**



Compressed Gas powered + Electric Cars - In this session, Students will be working on two different prototypes of car. They will first create a light, compressed air powered vehicle to see which can travel the furthest distance, in the fastest time. In the second of our auto experiments, we will work with small electric motors and different types of batteries to see who can create the fastest version of the newest generation of electric vehicles, much like we are seeing created by Tesla and others today. **Tier 2**



Office Essentials (Sessions 2 & 3) - This program will continue over 2 sessions. Mr. Kudera. Students will learn fundamental concepts of *word processing*, *spreadsheets*, and *presentation software*. Using word processors effectively will enhance students' abilities to communicate effectively. Spreadsheets will reinforce data management skills and allow students to present their data in an impactful manner. Templates are available for each of the essential applications in Google Suite and Microsoft Office. However, by developing fundamental techniques to advanced techniques, students will gain a skill set that will allow students to explore their creativity and go well beyond the templates. Please [follow this link](#) for more details. **Tier 1**



Glee Club – Magic of Disney - Students will learn to sing and dance in harmony, as they explore songs from the Disney repertoire. They will be practicing their listening skills, as they learn to harmonize their singing voices, and work on rhythm while dancing simultaneously. This session will end with a cabaret style performance, where friends and family are invited to a magical experience! **Tier 1**

Session 3 (November 21st - December 21st -- 13 classes)



Volleyball – Instructor - Kevin Horne. Kevin has taught students of all ages and levels of abilities while coaching in Defensa for the past 10+ years. Students will be instructed in skill drills and small game situations that will focus on development of the fundamentals of the game. **Tier 2**



Escape Rooms - Students will be learning about the basic workings of an escape room by visiting a local escape room and trying to solve it. They will then return to our school and set about building one of their own. They will work in groups and will be tasked with creating a set of clues for which other groups from EdVenture, APLA and Curtain Call will have to use to solve numeric, picture and logic puzzles in a specific amount of time with a predetermined objective. **Tier 2**



Office Essentials - (Sessions 2 & 3) - Mr. Kudera. Students will learn fundamental concepts of *word processing, spreadsheets, and presentation software*. Using word processors effectively will enhance students' abilities to communicate effectively. Spreadsheets will reinforce data management skills and allow students to present their data in an impactful manner. Templates are available for each of the essential applications in Google Suite and Microsoft Office. However, by developing fundamental techniques to advanced techniques, students will gain a skill set that will allow students to explore their creativity and go well beyond the templates. Please [follow this link](#) for more details. **Tier 1**



Musical Performance - (Sessions 3-6) Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. Students will not only learn songs, choreography and lines, but also assist in creating the set, props and costumes! This is a unique and enriched program, which will allow the student to experience all aspects of theatre and the creative process! The performance will take place at a theatre outside of school, where we will share our talents with the community. It will be an immersive theatrical experience, that will encompass many aspects of theatre techniques. The musical is scheduled for late spring 2022. The performance will be announced in the fall of 2021. **Tier 2 (1 fee for Sessions 3-6)**

Session 4 (January 9th – February 24th – 19 classes)



Hockey - Students will travel to the Wave Hockey Facility and develop skills from one of their in house instructors. The focus will be on power skating, edgework, stick handling and puck movement. Students will also participate in mini games and scrimmages. Full equipment is required. **Tier 4**



Basketball - Students will learn basketball skills and strategies from Spencer MacDougall. Spencer is the former lead skills trainer for the Grimsby Basketball Association. He holds certifications in coaching by Ganon Baker Basketball as well as Basketball Ontario. Spencer brings high energy demonstration and teaching to the International Basketball and Sports Academy (IBSA) program, as well as extensive knowledge in sport-specific nutrition and supplementation. **Tier 2**



Hydraulics and Prosthetics - In this session, students will learn about hydraulics and displacement of liquids. They will use this knowledge to create a robotic arm that can grasp and lift items and move them from one location to another. We will be using lightweight materials, such as cardboard and foam-core to keep the mechanisms strong and light and common items to make hydraulic pumps that can be used over and over again. Once we have created our robot, we will use these principles to see what other devices can be made and what other tasks can be accomplished, such as investigating prosthetic limbs. **Tier 2**

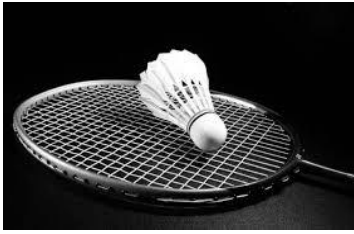


Computer Science - (Sessions 4 & 5) - Mr. Kudera. Geometric Designs using Turtle Logo. All computers including smartphones, tablets, and many modern electronic devices use some type of code. This course will introduce students to the world of coding. A strong foundation in mathematics and logic is useful but not necessary. The students will study and design their own algorithms. Students will explore the world of coding starting with the [Logo](#) programming language by designing geometric designs. Please [follow this link](#) for more details. **Tier 1**

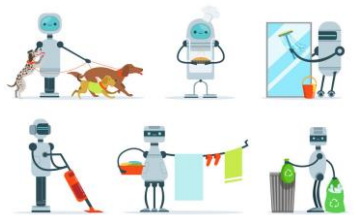


Musical Performance (Sessions 3-6) - Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. **Tier 2 (Paid in Session 3)**

Session 5 (February 27th – April 21st - 18 classes)



Racquet Sports - Students will learn various racquet sports including squash, racquetball, badminton and tennis both on and off site from Scott Jeffries. Off-site sessions will take place at Cedar Spring Racquet Club. Scott has coached tennis for over 25 years. Scott was ranked 7th in Canada for Men's singles. He has worked with various nationally and internationally ranked juniors, college players and professional WTA and ATP players. **Tier 3**



Do it Better than a Human - On YouTube, Mark Rober has made a living by creating engineering videos about doing things better than people can do them. In this unit, students will come up with something that they do well and then try to create a machine that can do it better than they can.

Tier 2



Computer Science (continued) - Mr. Kudera. Students will use the [Python](#) language to code simple tasks using rudimentary structured programming. They will learn how to display messages and create interactive user interfaces using *print* and *input* commands. Mathematical concepts such as *integers*, *inequalities*, and *order of operations* will be reinforced in the students' codes. **Tier 1**



Musical Performance (Sessions 3-6) - Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. **Tier 2 (Paid in Session 3)**

Session 6 (April 26th – June 9th - 18 classes)



Golf - This program takes place at Within Range in Burlington. Students will learn golf skills from golf pro Jay Bondy. Jay is a 15-year Class A member of the Canadian Professional Golfers' Association (CPGA) and has coached BCA students for a number of years. At the end of the session students will have the opportunity to play a game on a local course in the Burlington area. **Tier 4**



Soccer - Students will learn soccer skills at BCA's indoor and outdoor facility taught by Gad Espinosa. As a player, Gad represented Canada at the 1987 FIFA Youth World Cup. He has played professionally for the 'Toronto Blizzard' and internationally in Ecuador. As a coach, Gad has experience at all levels of play from grassroots house league to Provincial Head Coach, where he prepared teams to participate in national competitions, including winning a Canadian National Championship. **Tier 2**



Mudventure – Mr. Cope. Students will study the layout of the school property and learn about relief mapping and elevation. There will be a trip to the Aspire Climbing Gym where students will participate in a Ninja Warrior-style course and design their own course. Students will construct the biggest, muddiest and best MudVenture course to date. Students will design and build obstacles to confuse, challenge and soak their schoolmates. **Tier 1**



Musical Performance (Sessions 3-6) - Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. **Tier 2 (Paid in Session 3)**