



## **Senior Program Catalogue 2024-2025**

## **SIGNATURE SENIOR PROGRAMMING**

Since 2008, BCA has been pleased to offer our renowned Signature Senior Programs to our Grade 6, 7 and 8 students. Students attend Senior Programs on Mondays, Wednesdays and Fridays throughout the school year for the last 2 periods of the school day.

The Ontario Ministry requirements are used as a launching pad to deliver these exceptional programs. Through these programs we firmly believe that students will gain self-awareness of their giftedness from God in a meaningful and relevant way and begin to think critically of the world around them in a manner that will enrich all levels and types of learning.

Students choose from the following streams:

### **ALPA: Sports Program**

A stream geared for students who love sports and possess a strong commitment and desire to play. Students receive advanced level training, coaching, and mentoring. The program focuses on sport specific training, athleticism, healthy living, and fitness.

### **EDVENTURE: Experiential Learning**

A program through which students develop knowledge, skills, and values from direct experiences outside a traditional classroom. This stream encompasses a variety of project-based activities in the areas of science, technology, engineering, and media literacy as well as incorporating service learning and leadership opportunities.

### **CURTAIN CALL: Music and Theatre Arts**

A musical theatre program that teaches valuable acting skills and techniques while increasing comfort performing in front of others. This program provides a unique opportunity for students to grow not only as actors/singers, but as individuals. Students in this stream also work on increasing vocal ability, refining body language, boosting confidence, understanding how to relate to and work collaboratively with others, nurturing presentation, and interview skills, and developing artistic, practical, and critical thinking skills.

### **FEES**

A base fee of \$1050.00 per student in each senior grade is due with payment plan on September 1<sup>st</sup>. Additional Program Session Fees will be charged depending on program choices and Tier level and are due for payment on September 1<sup>st</sup>.

## Session 1 (September 4<sup>th</sup> – October 9<sup>th</sup> – 15 classes)



**Soccer** - Students will learn soccer skills at BCA's indoor and outdoor facility taught by Richard Grassie. Richard is the director of Grassie Soccer School of Excellence and has taught for over 10 years. He works with players of all skill levels, focusing on technical and tactical training in a fun and friendly environment. **Tier 2 = \$150.00 in additional fees.**



**Volleyball** – Instructor - Dana Cooke. Dana has over 20 years of coaching experience from the grassroots level to McMaster University Varsity Team. -Students will be instructed in skill drills and small game situations that will focus on development of the fundamentals of the game. **Tier 2 = \$150.00 in additional fees.**



### Session 1: Soapbox Derby

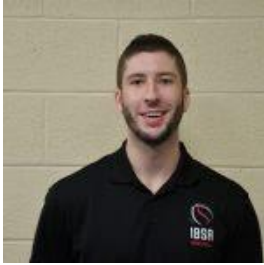
Soapbox derby - In this session, students will learn the physics involved in designing and building a soap box racer including: force, gravity, potential energy, kinetic energy, drag, vibration, friction and weight. Students will research successful designs, creating miniature models first and testing 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 5th BCA Soapbox Derby Challenge! **Tier 1 = No additional fees.**



**Musical Performance (Sessions 1-4)** - Students enrolled in this unit will remain in Curtain Call for sessions 1 through 4. 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 February 2025. **Tier 2 = Additional fees of \$150.00 for Session 1 – 4.**

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

## Session 2 (October 16<sup>th</sup> – November 15<sup>th</sup> - 13 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 = \$150.00 in additional fees.**



**Olympic Games** - Inspired by the summer olympics, students in this program will participate in a few of the different summer olympic sports, including archery, swimming and fencing (sports subject to change upon availability). Students will travel off-site to local facilities for this program. This program is capped at 15 students. **Tier 3 = \$300.00 in additional fees.**



### Mini-Electric Racers

**Mini Electric Cars** - In this session, Students will be working on two different prototypes of car. They will work with small electric motors and different types of batteries to see who can create the fastest and farthest-traveling versions of the newest generation of electric vehicles, much like we are seeing created by Tesla, Rivian, Ford, Chevrolet and Hyundai today. **Tier 1 = no additional fees.**



**Musical Performance (Sessions 1-4)** - Students enrolled in this unit will remain in Curtain Call for sessions 1 through 4. 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 February 2025. **Tier 2 (Paid in Session 1)**

### Session 3 (November 18th - January 10th - 17 Classes)



**Racquet Sports** - Students will learn various racquet sports including, badminton, pickleball and table tennis. Students will also travel to Cedar Springs Health Club to participate in additional racquet sports there. **Tier 2 = \$150.00 in additional fees.**

ESCAPE



**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, ALPA 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 1 - No additional fees.**

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## Session 4 (January 13<sup>th</sup> – February 21<sup>st</sup> – 16 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 = \$450.00 in additional fees.**



**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 = \$150.00 in additional fees.**



### Lino-cut and 3D Cards:

In this unit, students will be creating 3D Valentines and other types of greeting cards using the classic art of Paper Toile. Students will each have the opportunity to create one or more amazing layered cards of their own using the classic technique. We will also be learning how to create our own personalized mirrored and reverse-image cards using printing ink, while making use of a technique called Lino-cut to make our own creative and unique cards.

**Tier 1 - No additional fees.**



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## Session 5 (February 24th – April 16th - 17 classes)



**Volleyball** – Instructor - Dana Cooke. Dana has over 20 years of coaching experience from the grassroots level to McMaster University Varsity Team. - Students will be instructed in skill drills and small game situations that will focus on development of the fundamentals of the game. **Tier 2 = \$150.00 in additional fees.**



**Hydraulic Robot Warriors** - In this session, students will learn about hydraulics and the 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 then use our robots to battle each other to see who can create the mightiest robot. We will also show what other devices can be made and what other tasks can be accomplished with hydraulics, such as investigating prosthetic limbs.

**Tier 1 - No additional fees.**



**Flag Football** - In this session students will develop skills in passing, catching and running in a football setting. They will develop strategies for game play and create plays. They will compete in teams during these sessions, working toward a better understanding of game strategies and individual skills. All drills and game play will take place outdoors at BCA. **Tier 2 = \$150.00 in additional fees.**



**Dance** - In this session, students will develop their abilities and skill sets in the art form of dance. They will learn foundational steps and choreography in a variety of dance styles including (but not limited to) Ballet, Jazz, and Lyrical/Contemporary as well as engage in proper stretching and conditioning techniques. All dance levels are welcome whether this is a student's first time dancing or if they've been training for years. Students will need to bring clothes they can move in that follow the "Casual Day Dress Code Guidelines" outlined at BCA. **There are a maximum of 10 students in this program. Tier 1 - No additional fees.**



## Session 6 (April 23rd – June 6<sup>th</sup> - 17 classes)



**Golf** - This program takes place at Within Range in Burlington. 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 = \$450.00 in additional fees.**



**Soccer** - Students will learn soccer skills at BCA's indoor and outdoor facility taught by Richard Grassie. Richard is the director of Grassie Soccer School of Excellence and has taught for over 10 years. He works with players of all skill levels, focusing on technical and tactical training in a fun and friendly environment. **Tier 2 = \$150.00 in additional fees.**



### **MudVenture:**

Always a school-wide favourite, MudVenture returns. Students will study the layout of our school property and learn about relief mapping and elevation. They will also visit a local climbing gym with a ninja warrior course to get some inspiration for our own course. After studying the layout of our property, students will be tasked with creating the biggest, muddiest, and best MudVenture course to date. They will have to design and build your obstacles to confuse, soak and challenge your schoolmates physically. **Tier 1 - No additional fees.**



**Multimedia** - This session will offer students a vast array of experiences within photography, videography, editing and sound. Working in small groups with high tech equipment, students will get first hand experience and the opportunity to produce high level work. **Tier 1 - No additional fees.**