



## **Senior Program Catalogue 2023-2024**

## Session 1 (September 6<sup>th</sup> – October 11<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**



**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**



### Session 1: Building a Longhouse

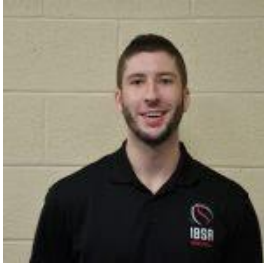
We will be visiting Crawford Lake and learning about first nations longhouses for an afternoon. Over the course of the next several weeks, we will then be selecting a site and constructing longhouses of our own in the area behind our school. Students will have to make them weather-resistant and will have to fill them with necessary survival supplies. At the end, we will be testing out our creations to see how well they protect their inhabitants. **Tier 1**



**Christmas Cabaret - Sessions 1-3** - Students will be working towards a performance for the Christmas season. **Tier 1**

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

## Session 2 (October 16<sup>th</sup> – November 17<sup>th</sup> 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**



### Using levers and torsion: Pumpkin Chunkin'

In this Physics based unit, we will be practising using several types of simple machines in combination with one another. Students will be visiting a pumpkin farm to learn about the process of growing pumpkins. They will then get to choose several pumpkins and will begin to design and build a launcher to see which student can fire a pumpkin the farthest using forces such as leverage, torsion and stored elastic potential energy. **Tier 1**



**Christmas Cabaret - Sessions 1-3** - Students will be working towards a performance for the Christmas season. **Tier 1**

## Session 3 (November 20th - January 12th 16 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**



### **Under Pressure – Experiments in air and water pressure:**

-Water Bottle Rockets, Vacuum Canons, Airzookas

Air is something that is all around us. It is something that has immense pressure and power. We will be investigating the pressure that fluids have in both liquid and gas form. We will study air cannons and atmospheric pressure and making launching mechanisms. Our end goal is that students will be constructing their own air/water pressurized rockets for a launch to see who can reach the farthest distance and make a successful landing. **Tier 2**



**Christmas Cabaret - Sessions 1-3** - Students will be working towards a performance for the Christmas season. **Tier 1**

## Session 4 (January 15<sup>th</sup> – February 23<sup>rd</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**



**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**



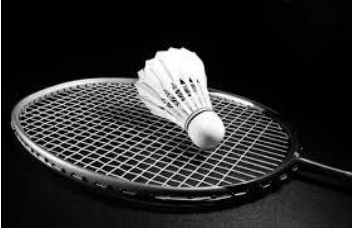
### **Building an Unsinkable ship:**

We are going to continue with our theme of water pressure, forces and structures, only this time, we are going to see how well students can keep water from getting into a structure instead of out of it. EdVenture will be visiting the HMCS Haida in Hamilton harbour. We will then study some of the battles that it took part in, and we will finish our unit by creating our own battleships and seeing which one is left standing after a mock naval battle. **Tier 1**



**Musical Performance (Sessions 4-6)** - 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**

## Session 5 (February 26th – April 19th 16 classes)



**Racquet Sports** - Students will learn various racquet sports including squash, racquetball, badminton and tennis both on and off site. Off-site sessions will take place at Cedar Spring Racquet Club. **Tier 3**



### **LEGO Robotics:**

In this unit, students will be learning to program using Lego Mindstorms to create robots that can perform various tasks in a rescue and retrieval challenge. Students will design and build their robots to use ultrasonic, touch and motion sensors to navigate obstacles, locate necessary items and bring them safely across a custom designed robot obstacle course. **Tier 2**



**Musical Performance (Sessions 4-6)** - Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. **Tier 2 (Paid in Session 4)**

## Session 6 (April 22<sup>nd</sup> – June 5<sup>th</sup> 18 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**



**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**



### **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**



**Musical Performance (Sessions 4-6)** - Students enrolled in this unit will remain in Curtain Call for sessions 3 through 6. **Tier 2 (Paid in Session 4)**