



Senior Program Catalogue 2025-2026

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 1st. Additional Program Session Fees will be charged depending on program choices and Tier level and are due for payment on September 1st.

Session 1 (September 3rd – October 8th : 16 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: EDVENTURE:Using Levers and Torsion: Pumpkin Chunkin'

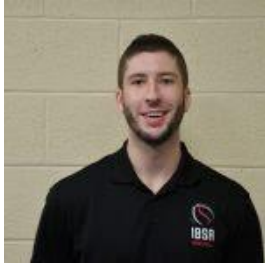
In this Physics based unit, we will be practicing using several types of simple machines in combination with one another. Students will be visiting a pumpkin farm to learn about the process of growing pumpkins. They will then get to choose several pumpkins and will begin to design and build a launcher to see which student can fire a pumpkin the farthest using forces such as leverage, torsion and stored elastic potential energy. **Tier 1 = No additional fees**



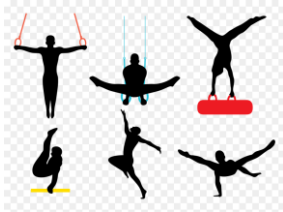
Musical Performance (Sessions 1-4) - Students enrolled in this unit will remain in Curtain Call for sessions 1 through 4. Students will not only learn songs, choreography and lines, but also assist in creating the set, props and costumes! This is a unique and enriched program, which will allow the student 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 2026. **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 15th – November 14th : 14 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.**



Gymnastics - Join us for a high-energy gymnastics activity where you'll get to roll, tumble, balance, and bounce your way through fun challenges. Try out the balance beam, practice safe flips and jumps, and see how high you can go on the trampoline! Gymnastics is all about building strength, flexibility, and confidence—while having a blast with your friends. Whether you're a beginner or already love to move, this is your chance to leap into something new! This program is capped at 15 students. **Tier 2 = \$150.00 in additional fees.**



EDVENTURE: Under Pressure – Experiments in Air and Water Pressure

Water Bottle Rockets, Vacuum Canons, Airzookas:

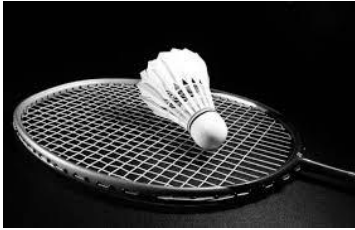
Air is something that is all around us. It is something that has immense pressure and power. We will be investigating the pressure that fluids have in both liquid and gas forms. We will study air cannons and atmospheric pressure and making launching mechanisms. Our end goal is that students will be constructing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

Tier 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 2026. **Tier 2 (Paid in Session 1)**

Session 3 (November 17th - January 9th : 16 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.**



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. There is a maximum of 10 students in this program.
Tier 1 - No additional fees.



EDVENTURE: 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 attempt to create and sail ships across a pool at a local swim school.

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 2026. **Tier 2 (Paid in Session 1).**

Session 4 (January 12th – February 20th : 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.**

EDVENTURE: 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 1 = No additional fees

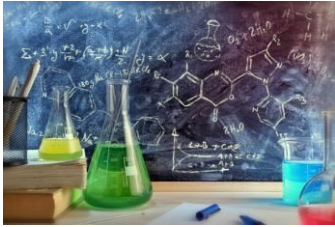


Musical Performance (Sessions 1-4) - Students enrolled in this unit will remain in Curtain Call for sessions 1 through 4. Students will not only learn songs, choreography and lines, but also assist in creating the set, props and costumes! This is a unique and enriched program, which will allow the student 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 2026. **Tier 2 (Paid in session 1).**

Session 5 (February 23rd – April 17th : 16 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.**



Physics and Chemistry Myths, Life-hacks and legends – The Internet is full of weird life hacks, chemistry challenges and physics myths just waiting to be tested. There have been countless YouTube videos, TikToks and even TV shows dedicated to testing many of them out. In this session, we will take on several life hacks, myths and other legends. We will have fun figuring out ways to build and test them to see if they work. We will also find creative ways to accomplish tasks in faster, more fun and sometimes more creative ways. **Tier 2 = \$150.00 in additional fees.**



Lacrosse - Lacrosse is fast, fun, and full of action! In this session, you'll learn the basics—scooping, passing, catching, and shooting—while playing exciting mini-games with your friends. It's a great way to build teamwork, agility, and confidence while trying out one of Canada's most exciting sports. Whether you've played before or it's your very first time, you'll have a blast running, dodging, and scoring on the field! All drills and game play will take place outdoors at BCA. **Tier 2 = \$150.00 in additional fees.**



Intro to Pop Performance- In this session, students will continue to develop their abilities and skill sets as vocal artists and musicians through the artform of Christian pop music. They will learn the fundamentals of pop performance in a variety of genres including proper vocal technique, microphone use, stage presence, how to be a background singer, and more, furthering their identities as Christian artists. Students will have the opportunity to perform in front of each other as solo artists as well as collaborate together in group performance. **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.**

Session 6 (April 20th – June 5th : 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 = \$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.**



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 wear their school gym clothes so they can move comfortably. There are a maximum of 10 students in this program. **Tier 1 - No additional fees.**