

SPORT. EDUCATION. PRIDE.

RSEQ

GMAA

Let's Move!

Extra Curricular Activities Program offered to GMAA Schools

Schools will register for an 8-week session (October 18th to December 10th).

Classes will be offered in various formats:

Virtual: completely on Zoom for both the instructor & the students

Hybrid: the instructor on Zoom & the students together at school

IRL (In Real Life): completely in person at the school for the instructor & the students.

**If schools would rather not commit to an 8-week session, a one-time class option will also be made available. This will be IRL only. This option will be booked based on the availability of the instructors only after the 8-week sessions have been scheduled.

Course descriptions, Instructor bios and availability coming soon. Classes offered include:

Yoga with Clare

Boxing Fitness with Sam

Basketball Ball Handling & Fitness with Uphill

Fitness with Phil

Dance & Movement with Nicole

Costs: Virtual or Hybrid \$800 per session (maximum 15 students)

IRL \$1500 per session (maximum 20 students)

IRL Single class option \$200 per scheduled class (maximum 20 students)

Schools that have received the 15023 grants can use the grant for these activities.

Time slots are flexible depending on the option chosen. Time slot options include before school, at lunchtime or afterschool. All classes will be tailored to the level of the students, beginner, intermediate, or advanced.

Registration for the Fall Session will start on Monday, September 20th and close on Friday, October 1st, classes are offered on a first-come, first served basis.

