

## Cost & Commitment

Full year tuition is **\$1250.00**. This covers the cost of all transportation, equipment, facility costs, instructor fees, and *Flight School* apparel.

A **\$250** deposit is due at time of registration.

The **\$1000.00 balance** may be paid in installments (of \$100 ) or as a lump sum.

Students will access 6 blocks per week of Sport Academy Programming: Wednesday and Friday afternoons for trips or outdoor activities and one block Tuesday and Thursdays in the school gym. No core programming is missed to participate.



Flight School Students also select 1 Option B Course for each of our 5 Option Terms.

All activities are supervised by certified teachers. For specialty sports, certified or specialized instructors may be employed.



STURGEON HEIGHTS SCHOOL

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## FLIGHT SCHOOL Sport for Life Academy



## Developing Character through Physical Education

Our program offers exposure to high-quality, unique, and traditional sport and fitness experiences, on and off-site, indoors and outdoors, at an introductory level.

Flight School is designed for **grade 7 to 9** students of **all athletic abilities** who seek active and novel learning experiences during the school day.



## Learn

Inspired by the Canadian Sport for Life (CS4L) model and Long-Term Athlete Development (LTAD), our program covers the following topics of study:

### **Personal Skills:**

- Personal Development
- Effective Collaboration (teamwork)
- Effective Communication
- Sports Leadership

### **Sport, Fitness and Recreation Education:**

- Training Principles
- Performance Evaluation
- Sports Careers

### **Health Education:**

- Health and Nutrition
- Sports Psychology
- Sports Injury Prevention/ Care
- Wellness & Balance



## Grow

*Flight School* is designed to develop a connected sense of camaraderie that is centered around a passion for sports and physical activity. We also promise to support our student athletes with their athletic, fitness and academic goals. No core academic time is missed participating in the program.

### **Sport for Life Student Commitment**

1. Work hard; encourage others
2. Focus on self improvement
3. Find passion and enthusiasm
4. Be adventurous: try new things

## **MISSION STATEMENT:**

*Developing Character through Physical Activity!*



## Play!

Students participate on and off-site in a variety of high-quality, unique, and traditional sport and fitness experiences which may include:

**Lacrosse · Golf · Yoga · Biking · Beach Volleyball · CrossFit · Flag Football · Frisbee Golf · Scuba Diving/ Snorkeling · Ringette · Darts · Broomball · Swimming · Skating · Hockey · Zumba · Dance · Gymnastics · Curling · Fencing · Martial Arts · Soccer · Bowling · Spin Class · Ball Hockey · Snow Tubing · Handball · Baseball · Paddle Boarding · Hiking · School Sports · Canoeing · Kayaking · Dragon Boating · Racquet Sports · Pool · and OTHERS!**