

TIME SLOT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSION (BEFORE SCHOOL) 7:40 - 8:45 (8:45 - 9:50 ON WED.)	1st & 2nd FLOOR FACILITIES (7:40 — 8:45)		1st & 2nd FLOOR FACILITIES (8:45 — 9:50) * LATE START *	1st & 2nd FLOOR FACILITIES (7:30 — 8:45)	
LUNCH SESSION 1 (JUNIOR LUNCH) 11:00 - 12:00	1st FLOOR FACILITIES ONLY DROP-IN (11:00 - 11:55)	2nd FLOOR FACILITIES ONLY DROP-IN (11:00 - 11:55)		1st FLOOR FACILITIES ONLY DROP-IN (11:00 - 11:55)	2nd FLOOR FACILITIES ONLY DROP-IN (11:00 - 11:55)
LUNCH SESSION 2 (SENIOR LUNCH) 12:00 - 13:00	2nd FLOOR FACILITIES ONLY DROP-IN (12:00 - 12:55)	2nd FLOOR FACILITIES ONLY DROP-IN (12:00 - 12:55)		2nd FLOOR FACILITIES ONLY DROP-IN (12:00 - 12:55)	1st FLOOR FACILITIES ONLY DROP-IN (12:00 - 12:55)
AFTERNOON SESSION (AFTER SCHOOL) 3:10 - 4:15	2nd FLOOR FACILITIES ONLY (3:10 - 4:15)			2nd FLOOR FACILITIES ONLY (3:10 - 4:15)	

DROP-IN TRAINING SESSIONS - 2018/19

ALL STUDENTS ARE REMINDED THAT IN ORDER TO PARTICIPATE IN DROP-IN TRAINING SESSIONS, THEY MUST BE IN BCSS UNIFORM AND MUST ALSO HAVE COMPLETED A STRENGTH AND CONDITIONING ORIENTATION SESSION. THESE SESSIONS ARE DESIGNED FOR STUDENT-ATHLETES WHO ARE CAPABLE OF TRAINING ON THEIR OWN. THERE IS NO EXERCISE INSTRUCTION.

TIME SLOT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSION (BEFORE SCHOOL) 7:40 - 8:45 (8:45 - 9:50 ON WED.)	TEAM S&C BOOKABLE 1st FLOOR PLYOMETRICS (7:40 - 8:45)			TEAM S&C BOOKABLE 1st FLOOR PLYOMETRICS (7:40 - 8:45)	
LUNCH SESSION 2 (JUNIOR LUNCH) 11:00 - 11:55	INDIVIDUAL / GROUP PROGRAMMING 2nd FLOOR WEIGHT ROOM. (11:00 - 11:55)	SPEED / POWER FOUNDATIONS 1st FLOOR PLYOMETRICS (11:00 - 11:55)	COMMON LUNCH --	INDIVIDUAL / GROUP PROGRAMMING 2nd FLOOR WEIGHT ROOM. (11:00 - 11:55)	
LUNCH SESSION 2 (SENIOR LUNCH) 13:00 - 14:00	INDIVIDUAL / GROUP PROGRAMMING 2nd FLOOR WEIGHT ROOM. (12:00 - 12:55)	SPEED / POWER FOUNDATIONS 1st FLOOR PLYOMETRICS (12:00 - 12:55)	NO TRAINING SESSIONS	INDIVIDUAL / GROUP PROGRAMMING 2nd FLOOR WEIGHT ROOM. (12:00 - 12:55)	HIGH VELOCITY LIFTS PLYO ROOM (12:00 - 12:55)
AFTERNOON SESSION (AFTER SCHOOL) 3:10 - 4:15	TEAM S&C BOOKABLE 1ST FLOOR PLYOMETRICS (3:00 - 4:15)			TEAM S&C BOOKABLE 1ST FLOOR PLYOMETRICS (3:00 - 4:15)	

SIGN-UP TRAINING SESSIONS - 2018/19

SIGN UP SESSIONS BEGIN AFTER LABOUR DAY IN SEPTEMBER. IN ORDER TO JOIN A SIGN-UP SESSION, STUDENTS MUST E-MAIL OUR STRENGTH & CONDITIONING COORDINATOR MR. VIRGO AT DEREK.VIRGO@YRDSB.CA - SPACE IS LIMITED FOR THESE SESSIONS.