

JUNIOR LUNCH-HOUR ORIENTATION SESSIONS	SENIOR LUNCH-HOUR ORIENTATION SESSIONS
TUESDAY, SEPTEMBER 4	THURSDAY, SEPTEMBER 6
THURSDAY, SEPTEMBER 6	THURSDAY, SEPTEMBER 13
TUESDAY, SEPTEMBER 11	
THURSDAY, SEPTEMBER 13	

[CLICK HERE TO SIGN-UP ONLINE FOR A STRENGTH & CONDITIONING FACILITY ORIENTATION SESSION!](#)

NOTE: YOU MUST BE SIGNED IN TO YOUR YRDSB "GAPPS" ACCOUNT TO REGISTER.

STRENGTH & CONDITIONING ORIENTATION SESSIONS

2018/2019 SCHOOL YEAR

STUDENTS WHO WISH TO PARTICIPATE IN EXTRA-CURRICULAR STRENGTH & CONDITIONING PROGRAMS DURING THE 2017/2018 SCHOOL YEAR MUST ATTEND A BRIEF STRENGTH AND CONDITIONING ORIENTATION SESSION. THESE SESSIONS ARE USUALLY 15-20 MINUTES IN LENGTH AND INCLUDE A REVIEW OF FACILITIES AND RULES FOR USE.