

Health and Wellness Courses

Grade 9

* Physical Education

Grade 10

Physical Education

Health

Driver Education

Grade 11

Adventure Education

* Junior Leaders:
Application Only

Junior/Senior
Fitness and Sport

Strength, Power
and Speed

Total Body
Conditioning

Yoga

Grade 12

Adventure Education

* Senior Leaders:
Must complete Junior
Leaders to be Eligible

Junior/Senior
Fitness and Sport

Strength, Power
and Speed

Total Body
Conditioning

Yoga

* Full Year Course