

Health and Wellness Courses

Grade 9

* Physical Education

Grade 10

Physical Education

Health

Grade 11

Adventure Education

* Junior Leaders:
Application Only

Junior/Senior
Fitness and Sport

Strength, Power
and Speed**
Female Identifying

Total Body
Conditioning

Yoga + Fitness

Grade 12

Adventure Education

* Senior Leaders:
*Must complete
Junior Leaders to*

Junior/Senior
Fitness and Sport

Strength, Power
and Speed**
Female Identifying

Total Body
Conditioning

Yoga + Fitness

* Full Year Course

*Driver Education - Priority is based on Date of Birth + Grade Level
(starting with 12th grade)