

Soccer (all teams): Friday, August 30th
Volleyball (all teams): Tuesday, September 3rd
Orienteering (initially open to grade 8s only): Wednesday, September 4th

We will be able to gauge interest in each activity, which is a contributing factor as to the teams that get registered for our GMAA seasons. Important information will be provided, as well. Looking forward to seeing many of you there!

- P.E. Department

NEW!

Open Gym:

We will have our first session beginning on Thursday, September 5th. For those who are unaware, Open Gym is an activity that is supervised by the Phys. Ed. teachers, at lunch. Students may come to the Foundation Gym in order to play different sports and/or activities, that are of interest to them, in a safe fashion. Participants must be in phys. ed. shoes to be allowed to enter the gym. Days 1, 3, 5, 7 will be open to the grade 9, 10, 11 students; days 2, 4, 6 will be for the grade 7 & 8 students. Sports credits are available for anyone who signs in 20 times over the course of the school year. You must sign in before 12:35 and stay for the duration of the activity. Rules for Open Gym will be posted. Students not complying will be asked to leave. Take advantage of this opportunity - it's a great way to break up your days in the classroom, it's fun, and you might make new friends in the process!

- P.E. Department

Have a Nice Day!
