

Fort Richmond Collegiate 2021-2022 Physical Education Program

FLEX BLOCKS

*Note: A “Flex Block” is a block that you can sign up for and count as one of your required Activity Blocks for Gr. 11/12. It is outside of the regular scheduled PE Classes.

Block Name	Description	Dates	Cost
<i>Lunch Hour Yoga</i>	Attend 6 Tuesday Yoga sessions at lunch in the MPR	Mar. 1, 8, 15, 22, Apr. 6, 13	No cost
<i>Lunch Hour Table Tennis</i>	Attend 6 Thursday Table Tennis sessions at lunch in the MPR	Mar. 3, 10, 17, 24, Apr. 7, 14	No Cost
<i>Lunch Hour Fitness Fridays</i>	Attend 6 Fitness Friday sessions at lunch in the MPR	Mar. 4, 11, 18, Apr. 8, 15, 22	No Cost
<i>Lunch Hour Spin & Circuits</i>	Attend 6 Monday Spin & Circuit sessions at lunch in the MPR	Mar. 7, 14, 21, Apr. 4, 11, 18	No Cost
<i>Learn to Skate</i>	3 After School meetings – will meet at Ryerson Rink outdoors.	Mar. 8, Mar. 10, Mar. 17 from 3:30 – 5:00pm	No Cost
<i>Learn to Curl</i>	Learn the basics to the sport of curling! We will meet at a Curling Rink in Winnipeg for 2 sessions (you must get your own transportation)	To Be Announced Depending on registration numbers	\$20
<i>Spring Hiking</i>	A day of guided hiking at Bird’s Hill Park.	In May – date TBA depending on weather	\$20
<i>Extreme Sports</i>	Wall climbing at “The Hive” in the morning and canoeing at Fort Whyte Centre in the afternoon.	In May – date TBA depending on weather	Approx. \$55
<i>Girl Power (females only)</i>	Join us for the day at Camp Manitou for wall climbing, low ropes course and more!	Wed May 4 th	Approx \$35
<i>Dude Day (males only)</i>	Join us for the day of physical activity! More details to come!	TBA	TBA