



## The Program: Team Sports

The students enrolled in the Healthy Active Living Classes at Blessed Trinity Catholic Secondary School are provided regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living.

### Team Sports and Fitness Activities:

Soccer (Indoor & Outdoor)

Badminton

Basketball

Volleyball

Floor Hockey

Handball

Dodgeball

Flag Football

Yoga

Fitness Circuits

Introduction to Rowing (Blessed Trinity Rowing Centre)

Introduction to Weight Training in New Fitness Centre

