

Extracurricular Activities



At QAA, we are proud to offer a wide variety of choices that complement the academic programs and strengthen the skills the student needs to

:

- use information
- solve problems
- exercise critical judgment
- use creativity
- use information technology
- adopt effective work methods
- know herself
- cooperate with others
- communicate appropriately

Joining is optional — but once you do join, it's a commitment!

Sports

In addition to two physical education classes in an eight-day cycle, the student is encouraged to join one or more of the many sports teams and other physical activities offered through QAA's extracurricular activities programme.

Fall

Cross-Country Running
Golf
Recreational Running
Soccer
Softball
Volleyball

Winter

Badminton
Basketball
Cross-Country Skiing
Ice Hockey
Swimming

Spring

Football (Flag/Touch)
Halo Road-Race
Outdoor Track & Field
Tennis
Ultimate Frisbee

QAA is a member of the Greater Montreal Athletic Association.

This demonstrates a typical selection of activities that are offered each year and meet many of the competencies encouraged by the Quebec Education Program.

Activities are added or dropped based on interest and staffing availability.

- Angels' Café
- Badminton (Bantam/Midget/Juvenile)
- Band (Junior/Senior)
- Basketball (Bantam/Midget/Juvenile)
- Book Club
- Carnival
- Chorale
- Ciné- Lecture
- Cotillion
- Dance (after-school program)
- Debate
- Drama Production
- Drama Set Construction
- Flag Football (Bantam/Midget/Juvenile)
- GFC
- Golden Wings
- Golf
- Hockey
- Hospitality (Junior/Senior)
- House System
- Junior Peer Tutoring
- Junior Techie Club
- Model UN
- Mosaic
- MusicFest (Juniors)
- Pastoral Team
- Performing Arts Festival
- Production Crew
- Prom
- Science Outings
- Soccer (Bantam/Juvenile)
- Social Justice Club
- Softball (combined Sec. 1-5)
- Student Council
- Swimming
- Tennis (Bantam/Midget/Juvenile)
- Track and Field (Bantam/Midget/Juvenile)
- Trip to Europe
- Trip to Mont Ste-Anne
- Trip to New York
- Trip to Stratford
- Trip to USA - Band
- Volleyball (Bantam/Juvenile)
- Walkathon
- X-Country Running & Halo Race (combined)
- Yearbook