

## Typical Weekday Schedule (Spring Program)

<b>07:15 a.m. – 08:00 a.m.</b>	<b>Breakfast</b>
08:35 a.m. – 11:40 a.m.	French class
<b>11:40 a.m. – 12:50 p.m.</b>	<b>Lunch</b>
<u>Monday and Friday</u>	
12:50 p.m. – 02:50 p.m.	Workshops
02:50 p.m. – 05:15 p.m.	Study / Free time
04:00 p.m. – 05:00 p.m.	<i>Young Canada Works</i> (Friday only - optional)
<u>Tuesday and Thursday</u>	
12:50 p.m. – 02:50 p.m.	Classroom management course
03:00 p.m. – 4:30 p.m.	Remedial tutoring services
04:30 p.m. – 05:15 p.m.	Study / Free time
<u>Wednesday</u>	
12:50 p.m. – 03:45 p.m.	Education research project OR Observation in class OR Creation and animation of activities for students
04:00 p.m. – 05:00 p.m.	Seminar in education
<b>05:15 p.m. – 06:15 p.m.</b>	<b>Dinner</b>
<u>Monday, Wednesday and Friday</u>	
06:15 p.m. – 08:15 p.m.	Study or Free time
08:15 p.m. – 10:15 p.m.	Social & cultural activities
10:15 p.m. – ...	Study / Free time
<u>Tuesday and Thursday</u>	
06:15 p.m. – 07:00 p.m.	Study / Free time
07:00 p.m. – 08:00 p.m.	Sports
08:00 p.m. – ...	Study / Free time
<b>10:00 p.m. – 07:00 a.m.</b>	<b>Curfew (Please respect the quiet time in the residence)</b>

*This schedule may be subject to change.*