

Typical Weekday Schedule

The afternoon or evening schedule might change slightly as for those enrolled in the optional music or sports programs.

```
07:15 a.m. – 08:00 a.m.
                             Breakfast
08:30 a.m. – 12:00 a.m.
                             Classes
12:00 p.m. – 01:15 p.m.
                             Lunch
01:15 p.m. – 02:00 p.m.
                             Free time
02:00 p.m. - 03:30 p.m.
                             Workshops or Optional activities
03:30 p.m. - 04:00 p.m.
                             Free time
04:00 p.m. – 04:30 p.m.
                             Sports, Study
04:30 p.m. - 05:30 p.m.
                             Free time
05:30 p.m. – 06:15 p.m.
                             Dinner
06:30 p.m. - 09:30 p.m.
                             Workshops or Optional activities
09:00 p.m. – 11:00 p.m.
                             Social & cultural activities
11:00 p.m. – 07:00 a.m.
                             Curfew (Please respect the quiet time in the residence)
```

This schedule may be subject to change.

100, 4e Avenue, La Pocatière (Qc) G0R 1Z0 Tél.: 418-292-2001 Télec.: 418-292-2003 dsenecal@ualberta.ca