Flex Program Information 2026-2027

Aberdeen Hall Flex Program

Aberdeen Hall recognizes that some students have aspirations to pursue high levels in arts and athletics. To support these students, we have designed the Flex Program for Grade 7–11 students. This program is intended to help students blend their high-performance passion with the academic rigours of Aberdeen Hall.

Program Overview

Flex is open to students in Grades 7–11 involved in high-level artistic or athletic pursuits. These students typically make major commitments to training, competing, or performing. Flex students are expected to aim for international competition or a professional career. Faculty will work with Flex students to personalize schedules to accommodate their commitments. Not all pursuits will qualify for the Flex Program.

Eligibility Criteria (September 2026 - June 2027)

Students must meet at least ONE of the following conditions:

- Training causes the student to miss 3 or more hours of class time per week (between 8:30am - 3:10pm)
- Student trains at least 10 hours in ONE SPECIFIC PURSUIT outside of school hours Monday through Friday
- Student misses 10+ school days due to tournaments/competitions/shows in their ONE SPECIFIC PURSUIT

Application Process

- Submit the online Flex application by August 24, 2026
- Email schedules of practices/competitions (September 2026 - June 2027) to flex@aberdeenhall.com as they become available
- Families will receive email communication in the first two weeks of September to confirm application status and review schedule
- Final acceptance and support scheduling will be determined once schedule is reviewed

Flex Program Support Options

All students in the Flex program will receive monthly small group check-ins with the Flex coordinator. These meetings are designed to be connection opportunities, and will focus on time management, planning for upcoming absences and assignments, and support with developing executive functioning skills.

On top of this check in, students in the Flex program may also be eligible for the following:

Option 1:
- Scheduled for Flex up to two times per week, during ONE PE block + ONE elective block per week
- Student decides whether to attend Flex or their regular class based on academic needs
- Students must check in with Learning Centre if not attending their class

Option 2:
- Replacement of ONE elective (e.g. Music or Art/Drama) with a permanent Flex block
- Only available to students with year-round, high-level commitments
- No alternative schedule is provided when academic support is not needed

Ongoing Requirements

- Maintain good academic standing
- Be prepared to adjust training schedules for major assessments
- Work independently and manage Flex time responsibly
- Attend PE at least twice a week (Grade 7–10) to complete required Health Education
- Make up missed class material via MySchool, Google Classroom, and tutorials
- Flex Coordinator available for scheduling support and time management guidance
- Open communication with Flex Coordinator and subject teachers is essential

Important Notes

At this time the removal of students from regular classes for Flex program support is not available for Grade 6 students. Development of executive functioning skills is an important part of the Middle School experience, and students in their Grade 6 year often need additional time to develop these independent skills in order to successfully take part in the Flex program.

Students with external Grade 11–12 credentials or enrolled in AH courses outside the timetable (e.g., before-school Athletic Development or Music) may not need to receive additional Flex support blocks, but are encouraged to apply if they meet eligibility criteria.