



International Baccalaureate®
Baccalauréat International
Bachillerato Internacional

KING HEIGHTS ACADEMY

ACHIEVING EXCELLENCE TOGETHER

MULTI SPORT ACADEMY

KINGHEIGHTSACADEMY.COM

PARAMOUNT
SPORTS
MANAGEMENT



King Heights Academy offers the most advanced evaluation and analysis by providing sport combine opportunities throughout the school year. Our combines measure a player's agility, speed, stick handling, reaction time and provide accurate real-time feedback that can be compared throughout the season.

KING HEIGHTS ACADEMY COMBINE TESTING HIGHLIGHTS

THREE PILLARS OF TESTING

- Player to Player Data Collection
- Player to Coach Data Collection
- Coach/Player to King Heights Academy Data Collection

PLAYER DEVELOPMENT

- Athletes receive a benchmark score achieved through testing clinics offered at King Heights Academy.
- Athletes are able to review results, upload statistics, personal information, embed highlight reels, connect with other athletes, compare numbers with peers and pro athletes.
- Athletes/Coaches/Parents can see the areas needed for improvement and work to set goals.

PLAYER DEVELOPMENT TRAINING

- **On-Ice Clinics** - King Heights Academy's consultation can assist in prioritizing which clinics players will benefit most from and which will offer the most improvement, so clinics can change based on player data collected.
- **Test Drill Clinics** - King Heights Academy utilizes the most advanced equipment to efficiently test players through all fundamental hockey skills and immediately adds results to the database. Testing drills are completed with and without a puck.





KING HEIGHTS ACADEMY STRENGTH AND CONDITIONING

Zullo Health & Fitness has been at the leading edge of the wellness industry, specializing in children's fitness, for over 25 years. They have a multidisciplinary team that consists of Personal Trainers, Fitness Specialists, Kinesiologists, Child and Youth Workers, Registered Massage Therapists, Nutritionists and Medical Practitioners. With their diverse, and highly qualified team, they take immense pride in helping clients achieve optimal wellness and reach their goals. All programs are designed by company founder, health and fitness expert, Phil Zullo, in collaboration with top medical professionals. Having worked in several countries throughout his career, Phil is recognized globally, as a powerful influence in the world of health and fitness.

Throughout their decades of experience working with youth, the most gratifying part of their work has been cheering kids on as they achieve success in their sport. Whether watching them in the Olympics or getting drafted as pro athletes, it brings great joy to see them succeed.

What sets Zullo Health & Fitness apart in the world of youth fitness training, is their one of a kind approach to ensuring they help youth achieve their goals in a responsible and well educated manner. Everyone that participates in their program, quickly realizes the goal is to help them reach theirs. Mentorship is a large component of their training model, as it helps them ensure the importance of living a healthy lifestyle is understood. Their team travels internationally and prides themselves on being accessible to their athletes 24/7, not just in the gym, but in every day real life situations.

"I am most impressed with Phil's knowledge and expertise. His focus on the fundamentals of a healthy body and mind are critical in my view, against a myriad of quick fixes offered out there today."

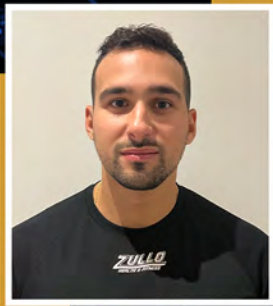
His professionalism and that of his staff are to be commended. He meets obligations, is respectful of clients, and seems to be able to manage on many fronts."

I admire Phil's genuine interest in assisting youth and guiding them to a healthy lifestyle."

Tony Staffieri
Chief Executive Officer, Rogers Communications
Chair, Ryerson University



STRENGTH AND CONDITIONING



Tyler Russo
Director of Fitness and Lead Trainer at King Heights Academy

Zullo Health & Fitness is proud to have Tyler Russo as their Director of Fitness and as their Lead Trainer at King Heights Academy. Being a Child and Youth Worker, having worked with YRDSB as well as Certified Personal Trainer and Strength Coach, having worked with multiple Hockey Clubs across the GTA, makes him uniquely qualified for his role. Tyler is truly passionate about helping youth achieve their goals and helping them set themselves up for success.

"As a former professional athlete, I have worked with many health and fitness experts. However, the commitment, dedication, and passion that Phil Zullo shows toward current and past players throughout the league, including myself, is second to none."

I have full confidence in sending players to Zullo Health & Fitness, knowing they work with thousands of young athletes and produce great results. Not only do Phil and his team get athletes in better shape, they educate them and stress the importance of being fit, eating healthy, and working hard."

Zullo Health & Fitness is of the highest quality. They will quickly fit in and make any person or group better, both physically and mentally."

Paul Coffey
Former NHL & Hall of Fame Athlete

"I have known Phil for over 15 years. I totally trust him for treating not only my patients but my close friends, without any concern, and with excellent results."

He has an excellent reputation in the industry, in Canada, and outside of the country."

His clients have tremendous loyalty and stay with him. His professionalism, experience, and fitness leadership is legendary."

Dr. J Bernard Gosevitz, MD CCFP LM
Vice President and Chief Medical Officer Rogers Communications Inc.
Corporate Medical Director of CTV/Globemedia
International Medical Director of Barrick Gold Corporation
Corporate Medical Advisor to KPMG



KING HEIGHTS ACADEMY ELITE HOCKEY DEVELOPMENT PROGRAM

The Elite Hockey Development Program is a purposeful and curriculum-based program designed for student-athletes from Grades 1 to 12, who aim to build a strong foundation of both skill and physical strength while increasing their confidence.

The Program uses a systematic development model that provides student-athletes with the ultimate training experience. The professional coaches and instructors are carefully selected to deliver these elements in their area of expertise. The student-athletes will be provided with a high-quality education combined with a fun, competitive, healthy, interactive, and rewarding experience.

**"A WELL
ROUNDED
EDUCATION
THAT GROWS
THE MIND
BODY AND
SPIRIT."**



ELITE HOCKEY DEVELOPMENT HIGHLIGHTS

- 2 Newly renovated NHL-sized ice surfaces
- Full-service restaurant: with healthy food choices
- On/Off Ice Combines
- On-ice training 4 times per week and Off-ice training up to 5 times per week
- Custom designed on-ice sessions with a focus on developing proper technique
- Core elements include:
 - Skating
 - Puck Handling
 - Shooting
 - Tactical drills
 - Position-specific drills
 - Hockey IQ
- Focus on safety on the ice and in the dressing rooms
- 6:1 instructor to student-athlete ratio
- Mentor Program
- Guest coaches and speakers



KING HEIGHTS ACADEMY ELITE HOCKEY INSTRUCTORS

King Heights Academy Elite Hockey Instructors are carefully selected in partnership with Paramount Sports Management to ensure the student-athletes receive professional, high level, skills-based knowledge that will assist in their development and prepare them for their next steps as elite student-athletes.

SAMPLE ELITE HOCKEY DEVELOPMENT SCHEDULE

Monday	Power Skating, Edge Work, Stride Technique, Balance, Over Speed	Focus on edge work, stride technique, balance, and over speed by skating specialist.
Tuesday	Small Zone Group Training	Focus on stick handling, puck protection, shooting, and passing in small groups for proper technique and repetition.
Wednesday	Forward & Defense Split	Focus on positional play in different scenarios while also improving on general skills used in specific positions.
Thursday	Small Area Games	Focus on situational game play, hockey IQ and decision making while incorporating fun into the program.



KING HEIGHTS ACADEMY **GIRLS HOCKEY DEVELOPMENT**

Unlock the doors to unparalleled opportunities at King Heights Academy, where passion for hockey meets top-tier education!

King Heights Academy provides girls a comprehensive 10-month on ice program tailored to the girl's hockey development pathway, incorporating testing & customized daily fitness programming to enhance student athlete's performance.

Our dedicated team of professional coaches' craft exhilarating training sessions, designed to propel our student-athletes to new heights of hockey skill mastery.

King Heights Academy student-athletes will be prepared to compete in Ontario Women's Hockey League (OWHL) U22AA, U18AA, U15AA elite leagues.

Our student-athletes will be prepared to compete in the top female hockey leagues in the World and have the natural ability to move forward into U-Sport and NCAA programs at the post secondary level.



Mark Joslin
Girls Hockey Program Director

As a lifelong hockey player and enthusiast, Mark decided to turn his passion into a business when he founded Joslin Elite Hockey Training.

A lifetime of experience, both playing and coaching, has provided Mark with the tools to assess hockey players and provide them with the most superior methods for improving their overall game.

He is committed to providing an exceptional service and stands behind his results as the direct measure of his training abilities.

Through the strength of his skill and development sessions, he has been able to help many players achieve their dreams of playing a higher level of hockey (Tier II Jr. A, OHL, NCAA, Europe, AHL, NHL).

HIGHLIGHTS

- World class academic programming geared to prepare students-athletes for post secondary studies
- 2 NHL sized arenas on campus
- State of the art high performance training center operated by industry leader Zullo Health & Fitness
- Education focussed on a students holistic development combining the International Baccalaureates way of learning with the provincial Ministry of Education learning expectations
- King Heights Academy provides a 10-month program; student-athletes participate in 140+ on ice skill development sessions, and 175+ sport specific strength and conditioning classes
- Academic advisors, professional coaches, and connected alumni are readily available to help students make informed decisions
- On and off ice training to assist with shooting accuracy, speed and explosiveness, puck handling and decision making

Get ready to elevate your game, break barriers, and write your success story at King Heights Academy—where excellence is not just a goal; it's a way of life!





KING HEIGHTS ACADEMY

PREP HOCKEY

The King Heights Academy Prep Hockey Program is designed to take our Elite Hockey players to the next level in a team environment.

Our student-athletes receive a customized academic schedule that includes weekly team practices and skill development sessions. The foundation of the program aligns the essential skills needed to succeed at the next level with their academic schedules. Hard work, consistency, passion, goal setting and time management are the focus of a student-athlete's time with the King Heights Academy Prep Hockey Program.

We provide a minimum of 2 weekly practices, 4 strength and conditioning / yoga / pilates sessions, and 50 games. The Prep Hockey Program weekly schedule is built to mimic a NCAA/U Sports program with a professional staff to ensure that they reach their full potential on and off the ice. The King Heights Academy knowledgeable and dedicated teaching faculty work with our student-athletes to ensure they can manage their academic goals.

SAMPLE PREP HOCKEY SCHEDULE

PERIOD 1	8:20 am – 9:20 am	Fitness or Academic
PERIOD 2	9:30 am – 11:30 am	On-ice 10:00 am – 11:10 am
PERIOD 3	11:30 am – 12:00 pm	Lunch
PERIOD 4	12:05 pm – 1:10 pm	Academic
PERIOD 5	1:15 pm – 2:20 pm	Fitness or Academic
PERIOD 6	2:25 pm – 3:30 pm	Academic
ENRICHMENT	3:30 pm – 4:00 pm	Course Help



KING HEIGHTS ACADEMY

ELITE GOALIE

DEVELOPMENT PROGRAM

The King Heights Academy Elite Goaltending Program is designed for student-athletes from Grades 1 to 12 to develop their skills within a high-performance program. Training will be done in small groups to allow our professional coaches to provide personalized feedback and allow them to build relationships and mentor the student-athletes.

With the ability to train with a goaltending coach up to 4 times per week, the student-athletes will be able to build their on-ice skills and grow into a well-rounded player. Our goaltending coaches have the experience and knowledge to customize the training to each goalie and achieve objectives set out at the beginning of the school year. The student-athletes will find this program challenging, rewarding, interactive and integral to their growth as a goalie.

HIGHLIGHTS

- 2 or 4 days per week of goalie training
- Vision, range, reaction training
- Playing with elite talent daily
- Video review
- Mental fitness training
- Combine testing assessment

FOCUS OF GOALIE DEVELOPMENT

Positioning, Angles, Hockey IQ	Focus on staying square to the puck while having good depth control. Working on scanning the ice and reading the play.
Rebound Control, Stick Work	Focus on absorbing pucks and utilizing stick to direct pucks into the corner. Focus on controlling shots into glove and blocker.
Crease Work, Edge Work, Lateral Movement	Focus on moving smoothly and efficiently throughout the crease. Work on lateral quickness and in tight plays.
Active Hands, Puck Tracking, Puck Handling	Focus on utilizing hands to make saves. Work on stance and tracking the puck. Work on stopping and playing the puck behind the net.



KING HEIGHTS ACADEMY BASKETBALL

The King Heights Academy Basketball Program is designed to develop the basketball skills and IQ for student-athletes from Grades 1 to 12. Our coaches aim to maximize potential both on and off the court by inspiring and challenging the student-athletes to give equal effort in sport and personal lives. The elite programming focuses on individual and team skills, building endurance and teaching how to incorporate basketball strategy into play.

HIGHLIGHTS

- Customized professional training includes fundamental skills, ball handling, ball protection, shooting, passing and court vision
- Position specific-training while improving overall athleticism
- Combine testing throughout the year
- On the court training up to 4 times per week for 70 minutes
- Strength and Conditioning training up to 5 times per week
- Guest coaches throughout the school year
- Professional coaches building a relationship with student-athletes to ensure they reach personal, educational and athletic goals





KING HEIGHTS ACADEMY PREP BASKETBALL

The King Heights Academy Prep Basketball Program is designed to bring the basketball student-athletes to the next level in their basketball journey.

The educational advancement of our student-athletes is our top priority so we have customized a schedule in which they can thrive academically and grow rapidly in their sport.

In addition to the focus on education, the Prep Basketball student-athletes have access to Elite 1 Recruiting. They have assisted in the development of over 300 NCAA and professional athletes in the past 25 years. Operated exclusively by former college coaches, athletes and recruiters, King Heights Academy basketball student-athletes will have access to a large network of prep schools, colleges, professional coaches and scouts.

HIGHLIGHTS

- Athlete Development
- Skill & Position-Specific Training
- Elite Level Competition and Exposure
- Academic and Tutoring Support
- Nutrition Mentorship
- Variety of Workshops
- Professional Level Staffing
- National Senior Circuit Platinum
- Ontario Scholastic Basketball Association competitive exhibition
- International Prep showcases
- Local/In-house Prep showcase





KING HEIGHTS ACADEMY BASEBALL

With a focus on developing the skills and abilities of our baseball student-athletes, our elite training program is designed to take the game to the next level.

Experienced coaches from Baseline Sports use cutting-edge techniques and technology to help you improve the swing, fielding, throwing, and overall performance on the diamond.

The baseball elite training program is tailored to meet the unique needs of each student-athletes. The experienced coaches have worked with players of all skill levels and ages, providing personalized instruction and support to help our student-athletes to achieve their goals.

From strength and conditioning to mental toughness and strategy, the elite training program covers every aspect of the game.

HIGHLIGHTS

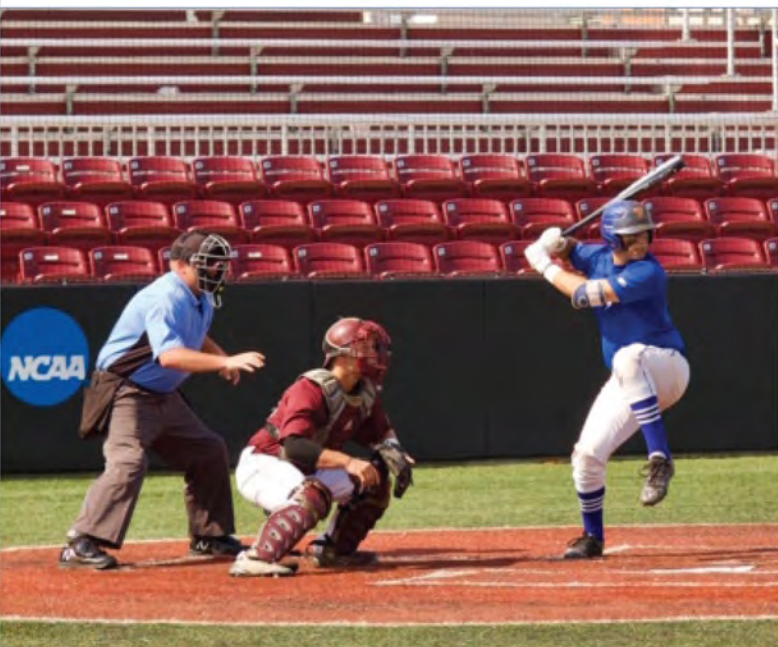
- 3 Phase Baseball Program; introduction of new drills, advancement of previous drills and assessment
- Warmup and arm care education
- Customized baseball development plan for each student-athlete
- 4 training sessions per week
- Fundamental, position-specific, and dual position training
- Blast Motion's individualized hitting plan for each student-athlete
- Showcase for scholarship and draft prospects
- Mentorship and support for athletic, personal and educational goals

BASEBALL INSTRUCTORS

- ▶ **Raf Choudhury**
Owner & Founder
- ▶ **Adam Koffman,**
CJ Machete
Program & Clinic Instructor,
Senior Instructor
- ▶ **Jeremias Sucre**
Facility Manager,
Program Coordinator
- ▶ **Mena Florio**
Head of Pitching
Development,
Chiropractor,
Senior Instructor
- ▶ **Joe Florio**
Program Coordinator

- Nearly 20,000 sq. ft. of space
- Three 130 ft. long turf fields
- 2 lanes with 4 retractable cages for team practices
- High Performance Lane/Lab with 2 full-size permanent cages (90'x15') and Gym (40'x30')
- Hittrax technology in cages for enhanced training
- Small fielding area in the gym for drills





ACHIEVING EXCELLENCE TOGETHER



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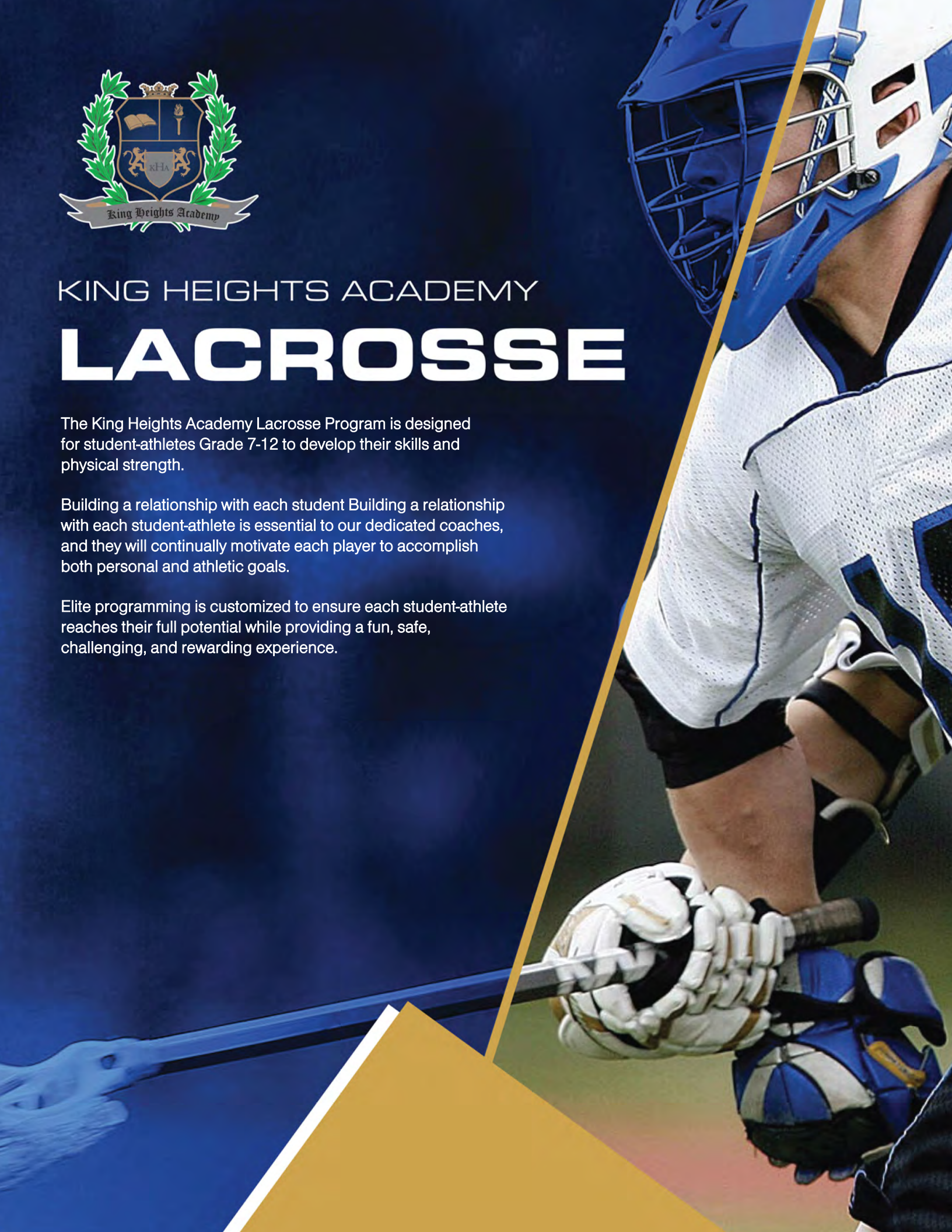


KING HEIGHTS ACADEMY **LACROSSE**

The King Heights Academy Lacrosse Program is designed for student-athletes Grade 7-12 to develop their skills and physical strength.

Building a relationship with each student Building a relationship with each student-athlete is essential to our dedicated coaches, and they will continually motivate each player to accomplish both personal and athletic goals.

Elite programming is customized to ensure each student-athlete reaches their full potential while providing a fun, safe, challenging, and rewarding experience.



HIGHLIGHTS

- 70 minutes of daily on-field training with experienced professional instructors
- Small group skills sessions focused on developing student-athletes based on position
- Offensive skills include ball handling, feeding, shooting, and dodging
- Defensive skills include footwork, sliding, take-away checks, ground balls
- Goaltender specific drills promoting proper stance, angles, efficient movements, reaction time, and effective clearing
- Strength and conditioning programs are driven through Combine Testing
- In-class video sessions teaching game awareness, situational and tactics
- Exposure to a variety of high-level lacrosse programs, including NCAA D1/D2/D3, CUFLA, and OLA
- Participation in premier lacrosse showcase tournament across North America

KING HEIGHTS ACADEMY SOCCER

At King Heights Academy, our elite soccer atmosphere is unmatched, with expert coaching and a rigorous training program that fosters not only technical proficiency but also the intangible qualities of bravery, creativity and leadership. Our program encourages players to develop effective solutions on the field with vision, precision, and pace.

HIGHLIGHTS

- **Elevate Your Child's Soccer Skills:**
Our program maximizes your child's potential with rigorous training that improves technical skills and game strategy.
- **Player-Centred Development:**
Our holistic approach to elite soccer focuses on well-rounded athleticism, including technical skills, tactics, fitness, and mental toughness.
- **Technical Foundation:**
Technical excellence is key to success in soccer. We prioritize training in dribbling, passing, and shooting, developing impeccable technique and ball control.
- **Total Football Philosophy:**
Our program teaches players to adapt to different positions and roles on the field, prioritizing versatility, creativity, and initiative to create leaders on and off the field.





Segev Rabinoviz
King Heights Academy
Soccer Program Director

Segev Rabinoviz is a renowned soccer coach and the host of "Coaching Soccer Weekly," a podcast focused on the latest trends, strategies, and techniques in soccer coaching.

With over 15 years of coaching experience and a reputation as an expert in the field, Segev is known around the world for his innovative training methods and passion for player development.

As the owner and head coach of Gladiator Soccer Academy in North York, Ontario, Segev is dedicated to providing top-level training and development for players of all ages and skill levels.



[KING HEIGHTS ACADEMY.COM](http://KINGHEIGHTSACADEMY.COM)



KING HEIGHTS ACADEMY GOLF

The Henry Brunton Golf Academy (HBGA) provides world-class coaching, training, support, and guidance to our committed, elite student-athletes to help them reach their full potential. A well-balanced and flexible school curriculum allows student-athletes the opportunity to refine their golf skills while receiving a high-quality education.

Student-athletes can select a customized package that best fits their goals, through our optional program additions. The optional program additions are designed and led by Henry Brunton. These additions provide comprehensive training and support curriculums for golfers who want to excel at the provincial/national level as juniors and to advance to the NCAA and beyond.

King Heights Academy provides additional customized golf packages that you can add-onto your golf program, including; the ability to have up to 60 days of coaching/training and competition in the USA and HBGA Orlando Academy.

HIGHLIGHTS

- Development of core fundamentals including grip, stance, ball position, alignment and posture
- Four 1-hour training sessions per week
- Development of short game skills
- Refinement of swing techniques
- Written performance planning
- Goal setting
- Course management strategies
- Understanding course maps
- Strength and conditioning training
- Rules of the game and how to effectively apply them
- Emphasis on nutrition and hydration
- Customized program packaging:
 - Coach, train and compete in Orlando at HBGA Academy



Henry Brunton

King Heights Academy Instructor and Former Golf Canada National Coach

A PGA Canada Master Professional and former Golf Canada Coach, Henry is known as one of the top PGA coaches in North America.

Henry works in world-class facilities and is one of golf's industry leaders. Henry coaches and trains year round at the acclaimed Eagles Nest Golf Club in Maple, Ontario and Eagle Creek Golf Club in Orlando, Florida.

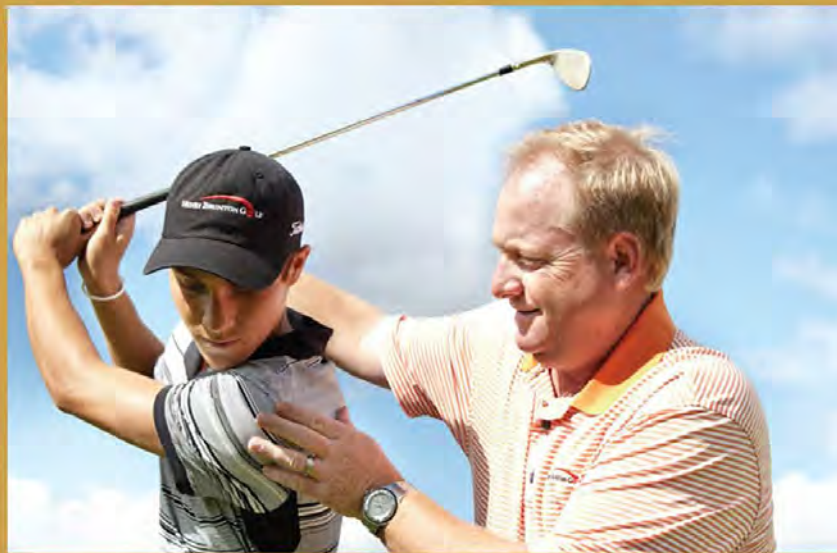
Henry runs one of the top high-performance golf athlete development programs, leading a pathway to the NCAA.



eagles nest
GOLF • CLUB

EAGLES NEST GOLF CLUB

- Academy Golfers train at Eagles Nest Golf Club through the Henry Brunton Golf Academy
- Eagles Nest is Canada's #1 rated public Golf facility and is conveniently located just five minutes from King Heights Academy, Thornhill
- Transportation to and from Golf Club





KING HEIGHTS ACADEMY

ATHLETE DISCOVERY PROGRAM

(K to Grade 4)

The Athlete Discovery Program is designed to introduce all game forms and sports skills in a fun and engaging way. It is imperative for student-athletes to develop proficient FUNDamental movement and transferable sports skills. Quick formal instruction, engaging practice through games and activities, and consistent guidance, student-athletes will have the opportunity to discover sports they enjoy.

ATHLETIC SESSIONS

Sessions include the following components:

Proper instruction for new skills.

Sport specific and Gross Motor skills, Fundamental movements.

Unstructured or 'Guided Play' inquiry based learning, student choice, problem solving and social skill development, quick tips and instructions.

Games and Activities Designed to foster specific fundamental movement and athletic skills, students will:

Learn how to apply their knowledge and skills.

Understand rules and start developing basic strategies.

Develop sportsmanship and teamwork skills, manage, emotions and frustrations





ATHLETE DISCOVERY PROGRAM (Grades 5 to 8+)

Two main focuses: **Formal Sports Instruction** and **Learning to Train**. Student-athletes will focus on one sport to develop sport-specific skill application, decision making and tactical awareness before advancing to a formal sport setting. This educational approach helps develop physically literate students who will have the skills they need to be 'active for life'. Our **Learn to Train** will disguise fundamental movements and training exercises in games and activities. Student-athletes will have the opportunity to develop proper exercise techniques as they progress towards more formal training practices.

ATHLETIC SESSIONS

Sessions include a warm-up, one sport specific focus, one athletic skill focus, and a culminating game. These focuses can often be mixed into the same game or activity.

Warm-Up

- A high tempo warm-up, a quick tag variation to match the focus of the athletic session
- Dynamic stretches and full body movements

Athletic Focuses

- Sport specific skill
- Quick instructions specific to the student-athlete's ability
- Using simplified games to develop sport specific skills

Learn to Train

- Athletic skills (Power, Agility, Strength, Coordination, Balance, Speed, Aerobic Capacity, Anaerobic Capacity, Fundamental Movements)
- Agility games
- Agility instruction and tips

Culminating Game

- Student-athletes further develop their skills in a culminating game designed to maximize FUN and skill development opportunities





VOLLEYBALL

VOLLEYBALL PROGRAM

King Heights Academy's Volleyball Programs are designed to improve student-athletes' skills and promote their educational development. Our coaching staff will foster the growth of our student-athletes through foundational lessons that will be used on and off the court.

Our program fosters technical proficiency and nurtures a problem-solving mindset in players, empowering them to make quick, accurate, and visionary decisions on the court.

PREP VOLLEYBALL PROGRAM

The Prep Volleyball Program focuses on individual skills, team skills, strength, and conditioning, and most importantly providing sport psychology lessons in a competitive team environment.

The program is designed to take the Prep Volleyball student-athletes and provide pathways to the peak of their volleyball career, but to also create a wave of positive growth in Canadian volleyball. We strive to create a culture of expectation and excellence.



We understand the importance of education and have customized our program to ensure that it takes top priority.

By doing so, our student-athletes can rapidly improve in the sport while also excelling academically. In addition to our education-focused approach, our program offers access to various training methods, such as film study, meditation, yoga, and nutritional meal planning.

Our roster of elite coaches, with over 55+ years of combined playing and coaching experience, specialize in complex psychology, injury prevention, recovery, and biomechanics.

These coaches, who have played volleyball at the post-secondary, national, and international level, are the driving force behind our program's success.





MARTIAL ARTS

King Heights Academy is excited to offer a Martial Arts Program.

The program will focus on building confidence through all levels of Martial Arts training.

With advanced knowledge of combat sports and self defense, Coach Evgeny Galiyanov (Vice President United Canadian Sambo Federation Owner of the National Training Center Vaughan) will instruct the students in various techniques in martial arts disciplines including Judo, Brazilian Jiu Jitsu, Wrestling, Self-Defence, and more.





Evgeny Galiyanov – Instructor

Evgeny has been coaching mixed martial arts for the past years. He has achieved the Black Belt 4th Dan in Judo and was a competitor and medalist at multiple national and international competitions.

During the start of his coaching career, Evgeny brought multiple athletes at the junior to qualify and competition in the Canadian National Championships. He then went on in 2012 to found and become the Vice President of the United Canadian Sambo Federation (UCSF) which, under Evgeny's directions, have produced multiple champions and prize-winners at national and international championships.

Evgeny owns and coaches at the National Training Center for Mixed Martial Arts (NTC MMA) in Vaughan which has both beginners and Pro MMA fighters.

HIGHLIGHTS

- Help build self-esteem
- Instill a sense of structure
- Foster balance, flexibility, perseverance, and stamina
- Encourage important skills such as self control, confidence, respect, and discipline
- Promote positive communication and a heightened sense of responsibility





CREATIVE DANCE PROGRAM

At King Heights Academy our Creative Dance Program is designed to develop the performance skills and well-being for students from Grades 1 to 12.

Our teachers and instructors aim to maximize self expression and confidence both in class and in the everyday world. In this program we inspire self-expression, personal wellness, confidence-building, stimulating creativity, artistic expression, teamwork and positive thinking.



We are a pioneering dance studio dedicated to excellence, creativity, dynamism, and goal achievement for every student.

Grounded in a positive philosophy, The Dance Official (TDO) is devoted to inspiring and shaping the upcoming generation of dancers.

As your foremost and reliable dance school, TDO delivers dance education at its pinnacle.

Our commitment is evident through top-tier instruction, featuring certified, high-energy, and motivational instructors who guide each dancer towards unlocking their fullest potential.

THE DANCE
OFFICIAL

HIGHLIGHTS

- Dance styles include a mix of Basic Ballet, Jazz, Contemporary, HipHop, Breakdancing, Freestyle, Floorwork, Footwork, Acrobats, and Contortion
- Specific drills promoting proper dance movement
- Strength, Conditioning, Mobility, and Flexibility training
- Guest workshops throughout the year
- The program is seamlessly integrated into the daily schedule



HIGHLIGHTS

PRESCHOOL TO GRADE 12 AND POST GRADUATE

- Accredited International Baccalaureate World School incorporating the Ontario Ministry of Education Curriculum
- Licensed Day Care (Complimentary meals for Toddlers and Preschool)
- IB Primary Years Program (PK to Grade 6)
- Middle School Program (Grades 7 and 8)
- Secondary School Program (Grades 9 to 12 and Post Graduate)
- Optimal Small Class Sizes
- Individualized Student Success Plans
- Casual Uniforms
- Enriched, Academic and Applied Level Programming
- Ongoing Student Assessment
- Dedicated, Engaged, Professional, Faculty and Coaching Staff
- High-caliber, Nurturing Teachers and Specialty Teachers in Arts, Computers, French, Music and Physical Education
- STEAM (Science, Technology, Engineering, Arts, Mathematics) incorporated into every Program
- Science and Technology Labs
- Formal Leadership Training and Development Program
- Specialized "Extra Semester" Program
- Guidance Counseling, OUAC Applications and Career Planning



HIGHLIGHTS

PRESCHOOL TO GRADE 12 AND POST GRADUATE

- SAT Preparation, NCAA Planning/Counseling
- Acceleration, Reach Ahead, Upgrade, Summer Programs
- Remedial and Enriched Learning Resource Program
- International Student Program
- Boarding and Billeting Assistance Program
- Advanced Strength and Conditioning Program - Built into the Curriculum
- Open Communication and Partnership with Parents
- Community Service Involvement
- Food Services, Nutrition, Lunches and Snacks
- Optional Meal Plan
- Before and After School Care
- On-site Extracurricular Activities
- Supervised Homework Club
- Convenient Drop-Off Procedures
- Summer Camp
- Ambassador, Mentor and Tutoring Program
- Student Transportation Service



OUR FACILITY PARTNERS



130 Racco Pkwy, Thornhill, ON L4J 8X9



130 Racco Pkwy, Thornhill, ON L4J 8X9



10000 Dufferin St, Maple, ON L6A 1S3



EMPOWER YOUR CHILD'S FUTURE

Apply Now for a Journey of Learning Excellence!
Connect with our Admission Team for Enrollment,
Exclusive Tours, and In-depth Information.



Admissions@kingheightsacademy.com

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