



**St. Albert Sports Academy**  
**Recreation Program**  
**May 2024**

DATE	Group 1 Activity	Location	Group 2 Activity	Location	Group 3 Activity	Location	Group 4 Activity	Location
Wed. May 1	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm	Activate	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm	Lawn Games @ VJM field	VJM Field Meet in teacher classroom @ 12:55pm	Softball or kickball @ Father Jan Field	Father Jan Field Meet in teacher classroom @ 12:55pm
Thurs. May 2	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm
Tues. May 7	Ping Pong	B-Active Badminton Depart: 12:40pm Return: 2:00pm	Fit Set Ninja	Fit Set Ninja Depart: 12:30pm Return: 2:00pm	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm	Pickleball	EVP Center Depart: 12:25pm Return: 1:50pm
Wed. May 8	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm	Fit Set Ninja	Fit Set Ninja Depart: 12:30pm Return: 2:00pm	Activate	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm

<b>Thurs. May 9</b>	<b>Pickleball</b>	<b>EVP Center</b>  Depart: 12:25pm Return: 1:50pm	<b>Ping Pong</b>	<b>B-Active Badminton</b>  Depart: 12:40pm Return: 2:00pm	<b>House of Wheels</b>	<b>House of Wheels</b>  Depart: 12:20pm Return: 1:50pm	<b>Fit Set Ninja</b>	<b>Fit Set Ninja</b>  Depart: 12:30pm Return: 2:00pm
<b>Tues. May 14</b>	<b>Canoeing</b>	<b>Cardiff Pond</b>  Depart: 12:20pm Return: 1:50pm	<b>Pickleball</b>	<b>EVP Center</b>  Depart: 12:25pm Return: 1:50pm	<b>Badminton</b>	<b>B-Active Badminton</b>  Depart: 12:40pm Return: 2:00pm	<b>House of Wheels</b>	<b>House of Wheels</b>  Depart: 12:20pm Return: 1:50pm
<b>Wed. May 15</b>	<b>TRACK AND FIELD DAY</b>	<b>Fowler Track All Day</b>	<b>TRACK AND FIELD DAY</b>	<b>Fowler Track All Day</b>	<b>TRACK AND FIELD DAY</b>	<b>Fowler Track All Day</b>	<b>TRACK AND FIELD DAY</b>	<b>Fowler Track All Day</b>
<b>Thurs. May 16</b>	<b>Lawn Games @ VJM field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm	<b>House of Wheels</b>	<b>House of Wheels</b>  Depart: 12:20pm Return: 1:50pm	<b>Canoeing</b>	<b>Cardiff Pond</b>  Depart: 12:20pm Return: 1:50pm	<b>Factory Climbing</b>	<b>Factory Climbing</b>  Depart: 12:20pm Return: 2:00pm
<b>Tues. May 21</b>	<b>Softball or kickball @ Father Jan Field</b>	<b>Father Jan Field</b>  Meet in teacher classroom @ 12:55pm	<b>Canoeing</b>	<b>Cardiff Pond</b>  Depart: 12:20pm Return: 1:50pm	<b>Pickleball</b>	<b>EVP Center</b>  Depart: 12:25pm Return: 1:50pm	<b>Badminton</b>	<b>B-Active Badminton</b>  Depart: 12:40pm Return: 2:00pm
<b>Wed. May 22</b>	<b>Ultimate Frisbee @ VJM Field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm	<b>Softball or kickball @ Father Jan Field</b>	<b>Father Jan Field</b>  Meet in teacher classroom @ 12:55pm	<b>Activate</b>	<b>Activate - West Edmonton</b>  Depart: 12:20pm Return: 2:00pm	<b>Canoeing</b>	<b>Cardiff Pond</b>  Depart: 12:20pm Return: 1:50pm

<b>Thurs. May 23</b>	<b>Activate</b>	<b>Activate - West Edmonton</b>  Depart: 12:20pm Return: 2:00pm	<b>Servus - Volleyball</b>	<b>Servus Place</b>  Depart: 12:45pm Return: 2:10pm	<b>Ultimate Frisbee @ VJM Field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm	<b>Millenium Swimming</b>	<b>Millenium Place</b>  Depart: 12:20pm Return: 1:50pm
<b>Tues. May 28</b>	<b>Fit Set Ninja</b>	<b>Fit Set Ninja</b>  Depart: 12:30pm Return: 2:00pm	<b>Ultimate Frisbee @ VJM Field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm	<b>Ping Pong</b>	<b>B-Active Badminton</b>  Depart: 12:40pm Return: 2:00pm	<b>Lawn Games @ VJM field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm
<b>Wed. May 29</b>	<b>AHP - Baseball</b>	<b>Absolute Human Performance</b>  Depart: 12:30pm Return: 2:10pm	<b>Lawn Games @ VJM field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm	<b>Softball or kickball @ Father Jan Field</b>	<b>Father Jan Field</b>  Meet in teacher classroom @ 12:55pm	<b>Ping Pong</b>	<b>B-Active Badminton</b>  Depart: 12:40pm Return: 2:00pm
<b>Thurs. May 30</b>	<b>Servus - Basketball</b>	<b>Servus Place</b>  Depart: 12:45pm Return: 2:10pm	<b>Gymnastics</b>	<b>Dynamyx Gymnastics</b>  Depart: 12:30pm Return: 2:10pm  <b>*Sharing a bus with AHP*</b>	<b>AHP - Baseball</b>	<b>Absolute Human Performance</b>  Depart: 12:30pm Return: 2:10pm  <b>*Sharing a bus with Dynamyx*</b>	<b>Ultimate Frisbee @ VJM Field</b>	<b>VJM Field</b>  Meet in teacher classroom @ 12:55pm

**Required Equipment:**

<b>Factory Climbing</b>	Exercise clothing Water bottle Climbing shoes will be provided *Waiver - signed earlier this year*
<b>Activate</b>	Exercise clothing Water bottle Indoor shoes *Waiver - signed earlier this year*
<b>Lawn Games</b>	Weather appropriate clothing Water bottle Hat/Sunscreen
<b>Softball</b>	Weather appropriate clothing Running shoes Water bottle Hat/Sunscreen
<b>Track &amp; Field</b>	Weather appropriate clothing Running shoes Water bottle Hat/Sunscreen
<b>Ping Pong</b>	Comfortable clothing Water bottle Indoor shoes
<b>Fit Set Ninja</b>	Exercise clothing Water bottle Indoor shoes

<b>Pickleball</b>	Exercise clothing Water bottle Indoor shoes
<b>House of Wheels</b>	Exercise clothing Water bottle Indoor shoes Scooters and helmets will be provided *Waiver - signed earlier this year*
<b>Canoeing</b>	Weather appropriate clothing (Clothing will get wet) Extra/dry clothing for the ride home Hat/Sunscreen *Waiver*
<b>Badminton</b>	Exercise clothing Water bottle Indoor shoes
<b>Ultimate Frisbee</b>	Weather appropriate clothing Running shoes Water bottle Hat/Sunscreen
<b>Servus - Volleyball/Basketball</b>	Exercise clothing Water bottle Indoor shoes
<b>Swimming</b>	Swim gear Towel
<b>Baseball - AHP</b>	Exercise clothing Water bottle Indoor shoes

<b>Gymnastics</b>	Exercise clothing Water bottle <i>*Waiver - signed earlier this year*</i>
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