Group 5

October 2025

Date	Drop Off	Activity
Oct. 1	Mark Messier	Hockey
Oct. 2	St. Albert Bowling	Bowling
	14 Inglewood Dr.	
Oct. 7	Mark Messier	Hockey
Oct. 8	Mark Messier	Hockey
Oct. 9	Servus Place	Vball/Ropes Training
Oct. 14	Mark Messier	Hockey
Oct. 15	Mark Messier	Hockey
Oct. 16	Albert Lacombe	P.E./Wellness/Fitness
	50 Gainsborough Ave.	
Oct. 21	Mark Messier	Hockey
Oct. 22	Mark Messier	Hockey
Oct. 23	Velocity	Skills/Fitness
	33 Corriveau Ave.	
Oct. 28	Mark Messier	Hockey
Oct. 29	Mark Messier	Hockey
Oct. 30	Albert Lacombe	P.E./Wellness/Fitness
	50 Gainsborough Ave.	

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes for each activity.
- Velocity Training is at 33 Corriveau Ave. Please have stick, gloves, and helmet.
- Mark Messier Servus Place 400 Campbell Rd.
- All drop offs should be made by 8:00 A.M.