Group 3

October 2025

Date	Pick Up	Activity
Oct. 1	Mark Messier	Hockey
Oct. 2	Mark Messier	Hockey
Oct. 7	Albert Lacombe	PE/Fitness
	50 Gainsborough Ave.	
Oct. 8	Mark Messier	Hockey
Oct. 9	Mark Messier	Hockey
Oct. 14	Servus Place	Vball/Ropes training
Oct. 15	Mark Messier	Hockey
Oct. 16	Mark Messier	Hockey
Oct. 21	Albert Lacombe	PE/Fitness
	50 Gainsborough Ave.	
Oct. 22	Mark Messier	Hockey
Oct. 23	Mark Messier	Hockey
Oct. 28	Albert Lacombe	
	50 Gainsborough Ave.	
Oct. 29	Mark Messier	Hockey
Oct. 30	Mark Messier	Hockey

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes.
- Velocity Training is at 35 Corriveau Ave. Please have a helmet, stick and gloves
- Mark Messier Servus Place 400 Cambell Rd.
- Pick Up is 3:00 P.M.