

St. Albert Sports Academy

Recreation Program

“Athletics are a Dress Rehearsal for Life”

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March 2020

Schedule

Date	Location	Activity
March 3	Servus Place	Hockey/Skating/Broomball
March 5	Servus Place	Hockey/Skating/Broomball
March 10	Red Willow Badminton Club	Badminton
March 12	Red Willow Badminton Club	Badminton
March 17	Fitset Ninja	Ninja Warrior Obstacle Course
March 19	Hayabusa	MMA
March 31	Fast Track	Go Kart Racing

Students are required to bring the following for each activity –

- Hockey – Full equipment is recommended but not mandatory, otherwise - Skates, Gloves, Helmet and Stick.
- Skating – Warm Hoody/Jacket, Skates, Helmet and Mitts.
- Broomball – Warm Hoody/Jacket, Helmet, Winter Boots and Mitts.
- Badminton/Ninja Warrior – Academy T-Shirt and Shorts, clean indoor shoes.
- Hayabusa – Academy T-Shirt and Shorts.
- Go Karting – Academy Jacket.