

St. Albert Sports Academy
HFCS Recreation Program
“Athletics are a Dress Rehearsal for Life”
780 459 7734
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October 2025 Schedule

Date	Location	Activity
October 2	Holy Family	Kwesi Millington Presentation on building Mental Health and Resilience
October 7	Larry Olexiuk Field	Football
October 9	Larry Olexiuk Field	Football
October 14	Gracie Barra	Mixed Martial Arts
October 16	Gracie Barra	Mixed Martial Arts
October 21	Fitset Ninja	Indoor Obstacle Course
October 23	Fitset Ninja	Indoor Obstacle Course
October 28	St. Albert Bowling Center	5 Pin Bowling
October 30	St. Albert Bowling Center	10 Pin Bowling

- All students should be prepared with proper footwear, clothing, equipment and water bottle for each activity.