



St. Albert Sports Academy
Recreation Program
2025

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Thurs. May 1	Tactical laser	Tactical Laser Depart: 12:20pm Return: 2:00pm	Lawn games	At VJM Meet in Mrs. French's room after lunch	Kickball - Father Jan Field	Meet in Miss. LaBuick's room after lunch
Tues. May 6	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm	Track Practice	At VJM Meet in Mrs. French's room after lunch	Track Practice	At VJM Meet in Miss. LaBuick's room after lunch
Wed. May 7	Track Practice	At VJM Meet in Mr. Kelly's room after lunch	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm	Servus - Fieldhouse (concrete floor)	Servus Place Depart: 12:45pm Return: 2:10pm
Thurs. May 8	Metro Billiards	Metro Billiards Depart: 12:40pm Return: 2:00pm	Tactical laser	Tactical Laser Depart: 12:20pm Return: 2:00pm	Factory Climbing	Factory Climbing Depart: 12:20pm Return: 2:00pm

Tues. May 13	Track Practice	At VJM Meet in Mr. Kelly's room after lunch	Track Practice	At VJM Meet in Mrs. French's room after lunch	Track Practice	At VJM Meet in Miss. LaBuick's room after lunch
Wed. May 14	Rec Room / School Play	WEM Depart: 12:00 PM Return: 2:00 PM	Rec Room / School Play	WEM Depart: 12:00 PM Return: 2:00 PM	Rec Room / School Play	WEM Depart: 12:00 PM Return: 2:00 PM
Thurs. May 15	VJM TRACK DAY	Fowler Track all day - no busses needed	VJM TRACK DAY	Fowler Track all day - no busses needed	VJM TRACK DAY	Fowler Track all day - no busses needed
Tues. May 20	Lacrosse	RAISE Depart: 12:45pm Return: 2:10pm	Servus - Fitness Center	Servus Place Depart: 12:45pm Return: 2:10pm	HIVE Fitness	Hive Fit Co Depart 12:20pm Return 1:50pm
Wed. May 21	Servus - Fieldhouse (concrete floor)	Servus Place Depart: 12:45pm Return: 2:10pm	Lacrosse	RAISE Depart: 12:45pm Return: 2:10pm	Yoga (1:30 start time)	Walking - depart at 1:15pm
Thurs. May 22	Lawn Games	At VJM Meet in Mr. Kelly's room after lunch	Kickball - Father Jan Field	Meet in Mrs. French's room after lunch	Lacrosse	RAISE Depart: 12:45pm Return: 2:10pm
Tues. May 27	Parkour	Fly Free Depart: 12:20pm Return: 1:50pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm	Grosvenor Swimming	Grosvenor Pool Depart: 12:50pm Return: 2:15pm
Wed. May 28	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm	Servus - Fieldhouse (concrete floor)	Servus Place Depart: 12:45pm Return: 2:10pm	Parkour	Fly Free Depart: 12:20pm Return: 1:50pm

Thurs. May 29	Grosvenor Swimming	Grosvenor Pool Depart: 12:50pm Return: 2:15pm	Parkour	Fly Free Depart: 12:20pm Return: 1:50pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm
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Activity	Required Equipment
Tactical Laser	Indoor shoes Exercise clothing Water bottle *WAIVER* and *ACCOUNT*
Lawn Games	Outdoors shoes Comfortable clothing Water bottle
Kickball	Outdoors shoes Comfortable clothing Water bottle
Factory Climbing	Exercise clothing Water bottle *Climbing shoes will be provided*
Track Practice	Outdoors shoes Comfortable clothing Water bottle

Servus place (fieldhouse)	Outdoors shoes Comfortable clothing Water bottle
Metro Billiards	Water bottle
Rec Room	Water bottle
VJM Track day	Outdoor shoes Exercise clothing Water bottle Sunscreen Hat Extra clothing Food for the day
Lacrosse	Indoor shoes Exercise clothing Water bottle *Lacrosse specific equipment will be provided*
HIVE fitness	Indoor shoes Exercise clothing Water bottle
Yoga	Exercise clothing Water bottle *Yoga mats will be provided*

Parkour	Indoor shoes Exercise clothing Water bottle *Waiver*
Squash	Indoor shoes Exercise clothing Water bottle *Squash racquets will be provided*
Swimming	Swim gear Towel
Servus - Fitness center	Indoor shoes Exercise clothing Water bottle