



St. Albert Sports Academy
Recreation Program
October 2025

DATE	Group 1 Activity	Location	Group 2 Activity	Location	Group 3 Activity	Location
Wed. Oct. 1	Beach Volleyball	Woodcroft Community League Depart: 12:30pm Return: 2:00pm	Golf	Dragon's Head Depart: 12:30pm Return: 2:00pm	Velodrome	Argyll Velodrome Depart: 12:20pm Return: 1:50pm
Thurs. Oct. 2	Golf	Dragon's Head Depart: 12:30pm Return: 2:00pm	Velodrome	Argyll Velodrome Depart: 12:20pm Return: 1:50pm	Bowling	St. Albert Bowling Center Depart: 12:45pm Return: 2:10pm
Tues. Oct. 7	Servus - Gym Court	Servus Place Depart: 12:45pm Return: 2:10pm	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm
Wed. Oct. 8	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 1:50pm	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm	Golf	Dragon's Head Depart: 12:20pm Return: 2:00pm

Thurs. Oct. 9	Ping Pong	B-Active Badminton Depart: 12:30pm Return: 2:00pm	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 1:50pm	Servus - Fieldhouse	Servus Place Depart: 12:45pm Return: 2:10pm
Tues. Oct. 14	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm	Yoga 12:45 - 1:30 Lawn Games @ VJM 1:45 - 2:25	Lahari Yoga Depart: 12:30pm	Kickball	Father Jan Field Depart (walking) at 12:45pm
Wed. Oct. 15	Karate	Desa School of Karate Depart: 12:50pm Return: 2:10pm	Servus (gym) - Dodgeball	Servus Place Depart: 12:45pm Return: 2:10pm	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 1:50pm
Thurs. Oct. 16	Bowling	St. Albert Bowling Center Depart: 12:45pm Return: 2:10pm	Ping Pong	B-Active Badminton Depart: 12:30pm Return: 2:00pm	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm
Tues. Oct. 21	Servus fitness Center *Share bus with group 3*	Servus Place Depart: 12:45pm Return: 2:10pm	Karate	Desa School of Karate Depart: 12:50pm Return: 2:10pm	Servus - Gym Court *Share bus with group 1*	Servus Place Depart: 12:45pm Return: 2:10pm
Wed. Oct. 22	Millennium Swimming	Millennium Place Depart: 12:20pm Return: 1:50pm	Smart Start/Servus fitness center	Servus Place Depart: 12:45pm Return: 2:10pm	Millennium Swimming	Millennium Place Depart: 12:20pm Return: 1:50pm

Thurs. Oct. 23	Servus - Fieldhouse *Share bus with group 3*	Servus Place Depart: 12:45pm Return: 2:10pm	Millennium Swimming	Millennium Place Depart: 12:20pm Return: 1:50pm	Smart Start/Servus fitness center *Share bus with group 1*	Servus Place Depart: 12:45pm Return: 2:10pm
Tues. Oct. 28	Flag Football	Langholm Park Depart (walking) at 12:45pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:55pm	Game OVR	Game OVR Depart: 12:40pm Return: 2:10pm
Wed. Oct. 29	Game OVR	Game OVR Depart: 12:40pm Return: 2:10pm	Servus (fieldhouse) - 5 ball soccer	Servus Place Depart: 12:45pm Return: 2:10pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:55pm
Thurs. Oct. 30	Squash	Royal Glenora Depart: 12:20pm Return: 1:55pm	Bowling	St. Albert Bowling Center Depart: 12:45pm Return: 2:10pm	Ping Pong	B-Active Badminton Depart: 12:30pm Return: 2:00pm

Activity	Required Equipment
Golf	Comfortable clothing Water bottle <i>*Clubs will be provided or you may bring your own</i>
Bowling	Comfortable clothing Water bottle
Corn Maze	Comfortable weather appropriate clothing Water bottle
Sledge Hockey	Warm clothing for inside a rink Close toed shoes Gloves (any type - hockey gloves are the best) Helmet <i>*Hockey helmets with cages will be provided if preferred*</i>
Pickleball	Comfortable exercise clothing Water bottle Indoor only shoes
Velodrome	Comfortable exercise clothing (no baggy pants) Water bottle Outdoor shoes <i>Helmets will be provided OR you may bring your own</i>
Beach Volleyball	Comfortable exercise clothing Water bottle

Ping Pong	Comfortable exercise clothing Water bottle Indoor only shoes
Karate	Comfortable exercise clothing Water bottle
Servus - Fieldhouse/Gym Court/Fitness Center	Comfortable exercise clothing Water bottle Indoor only shoes
Swimming	Swimming gear Towel
Yoga	Comfortable exercise clothing Water bottle *Yoga mats will be provided OR you may bring your own*
Flag Football	Comfortable exercise clothing Water bottle Outdoor shoes
Game OVR	Comfortable clothing Water bottle