



**St. Albert Sports Academy**  
**Recreation Program**  
**October 2022**

<b>DATE</b>	<b>Group 1 Activity (Mrs. French)</b>	<b>Location</b>	<b>Equipment/ Clothing Required</b>	<b>Group 2 Activity (Mr. Kelly)</b>	<b>Location</b>	<b>Equipment/ Clothing Required</b>	<b>Group 3 Activity (Miss. LaBuick)</b>	<b>Location</b>	<b>Equipment/ Clothing Required</b>
<b>Tues. Oct. 4th</b>	<b>Smart Start Fitness Training</b>	<b>Servus Place</b>  Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle	<b>Concussion Testing</b>	<b>Vincent J Maloney</b>  Meet in room 121	-Complete online link for physio clinic that will be sent to parent email	<b>Bowling</b>	<b>St Albert Bowling</b>  Depart 12:45pm	- comfortable clothing - water bottle
<b>Wed. Oct. 5th</b>	<b>Bowling</b>	<b>St Albert Bowling</b>  Depart 12:45pm	- comfortable clothing - water bottle	<b>Smart Start Fitness Training</b>	<b>Servus Place</b>  Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle	<b>Concussion Testing</b>	<b>Vincent J Maloney</b>  Meet in room 121	-Complete online link for physio clinic that will be sent to parent email
<b>Thurs. Oct. 6th</b>	<b>Concussion Testing</b>	<b>Vincent J Maloney</b>  Meet in room 121	-Complete online link for physio clinic that will be sent to parent email	<b>Disc Golf</b>	<b>Langholm Park</b>  Depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Smart Start Fitness Training</b>	<b>Servus Place</b>  Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle

<b>Tues. Oct. 11th</b>	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b>  Depart 12:20 pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>	<b>Smart Start Fitness Training</b>	<b>Servus Place</b>  Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle	<b>Game OVR</b>	<b>Game OVR</b>  Depart 12:40pm	-Water bottle
<b>Wed. Oct. 12th</b>	<b>Orienteering</b>	<b>Lions Park</b>  Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Orienteering</b>	<b>Lions Park</b>  Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Orienteering</b>	<b>Lions Park</b>  Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors
<b>Thurs. Oct. 13th</b>	<b>Smart Start Fitness Training</b>	<b>Servus Place</b>  Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b>  Depart 12:20 pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>	<b>Disc Golf</b>	<b>Langholm Park</b>  Depart 12:50pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors
<b>Tues. Oct 18th</b>	<b>Disc Golf</b>	<b>Langholm Park</b>  Depart 12:50pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Bowling</b>	<b>St. Albert Bowling Center</b>  Depart 12:45pm	- comfortable clothing - water bottle  <i>*Bowling shoes will be provided*</i>	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b>  Depart 12:20pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>

<b>Wed. Oct. 19th</b>	<b>Corn Maze</b>	<b>Edmonton Corn Maze</b> Depart 12:20pm	-Outdoor footwear (can be muddy) -Comfortable clothing - Water bottle	<b>Corn Maze</b>	<b>Edmonton Corn Maze</b> Depart 12:20pm	-Outdoor footwear (can be muddy) -Comfortable clothing - Water bottle	<b>Corn Maze</b>	<b>Edmonton Corn Maze</b> Depart 12:20pm	-Outdoor footwear (can be muddy) -Comfortable clothing - Water bottle
<b>Thurs. Oct. 20th</b>	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b> Depart 12:20pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>	<b>Disc Golf</b>	<b>Langholm Park</b> Depart 12:50pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Smart Start Fitness Training</b>	<b>Servus Place</b> Depart 12:40pm	-Indoor shoes - Comfortable exercise clothing - Water bottle
<b>Tues. Oct. 25th</b>	<b>Volleyball</b>	<b>Edmonton Volleyball and Pickleball Center</b> Depart 12:20pm	- Comfortable clothing - Water bottle - Indoor runners	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b> Depart 12:20pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>	<b>Disc Golf</b>	<b>Langholm Park</b> Depart 12:50pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors
<b>Wed. Oct. 26th</b>	<b>Orienteering</b>	<b>Lions Park</b> Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Orienteering</b>	<b>Lions Park</b> Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Orienteering</b>	<b>Lions Park</b> Walking - depart 12:45pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors
<b>Thurs. Oct. 27th</b>	<b>Disc Golf</b>	<b>Langholm Park</b> Depart 12:50pm	- Outdoor running shoes - Water bottle - Comfortable Clothing for outdoors	<b>Game OVR</b>	<b>Game OVR</b> Depart 12:40pm	-Water bottle	<b>Sledge Hockey</b>	<b>Rivière Qui Barre Arena</b> Depart 12:50pm	-Comfortable warm clothing -Gloves or mitts -Helmet -Shoes  <i>*Sledges will be provided*</i>

