



St. Albert Sports Academy
Recreation Program
April 2024

DATE	Group 1 Activity	Location	Group 2 Activity	Location	Group 3 Activity	Location	Group 4 Activity	Location
Tues. April 2	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm	Pickleball	Edmonton Pickleball and Volleyball center Depart: 12:20pm Return: 1:50pm	Foam Fighters *Waiver*	Foam Fighters Depart: 12:20pm Return: 1:50pm	Champs Boxing KO Class *Waiver*	Champs Boxing Depart: 12:30pm Return: 2:00pm
Wed. April 3	Clareview Swimming	Clareview Rec Center Depart: 12:30pm Return: 1:55pm	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm	Clareview Swimming	Clareview Rec Center Depart: 12:30pm Return: 1:55pm	Foam Fighters *Waiver*	Foam Fighters Depart: 12:20pm Return: 1:50pm
Thurs. April 4	Champs Boxing Bag Drill Class *Waiver*	Champs Boxing Depart: 12:30pm Return: 2:00pm	Bowling	St. Albert Bowling Depart 12:40pm Return 2:10pm	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm	Pickleball	Edmonton Pickleball and Volleyball center Depart: 12:20pm Return: 1:50pm

Tues. April 9	Foam Fighters *Waiver*	Foam Fighters Depart: 12:20pm Return: 1:50pm	Clareview Swimming	Clareview Rec Center Depart: 12:30pm Return: 1:55pm	Pickleball	Edmonton Pickleball and Volleyball center Depart: 12:20pm Return: 1:50pm	Clareview Swimming	Clareview Rec Center Depart: 12:30pm Return: 1:55pm
Wed. April 10	Soul Fitness	Soul Fitness Depart: 12:45pm Return: 2:10pm	Foam Fighters *Waiver*	Foam Fighters Depart: 12:20pm Return: 1:50pm	Metro Billiards	Metro Billiards Depart :12:40pm Return: 2:00pm	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm
Thurs. April 11	Pickleball	Edmonton Pickleball and Volleyball center Depart: 12:20pm Return: 1:50pm	Clip n Climb *Waiver*	Clip n Climb Depart: 12:20pm Return: 1:50pm	Gymnastics	Dynamix Gymnastics Depart: 12:30pm Return: 2:10pm	Bowling	St. Albert Bowling Depart 12:40 Return 2:10
Tues. April 16	Servus court #3 *Activity TBD by group*	Servus Place Depart: 12:45pm Return: 2:10pm *Sharing a bus with soul fitness*	Soul Fitness	Soul Fitness Depart: 12:45pm Return: 2:10pm *Sharing a bus with soul fitness*	Bowling	St. Albert Bowling Depart 12:40 Return 2:10	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm
Wed. April 17	Metro Billiards	Metro Billiards Depart :12:40pm Return: 2:00pm	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm	Soul Fitness	Soul Fitness Depart: 12:45pm Return: 2:10pm	Activate	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm

Thurs. April 18	Bowling	St. Albert Bowling Depart 12:40 Return 2:10	Badminton	B-Active Badminton Depart: 12:40pm Return: 2:00pm	Clip n Climb *Waiver*	Clip n Climb Depart: 12:20pm Return: 1:50pm	Soul Fitness	Soul Fitness Depart: 12:45pm Return: 2:10pm
Tues. April 23	Badminton	B-Active Badminton Depart: 12:40pm Return: 2:00pm	Champs Boxing Bag Drill Class *Waiver*	Champs Boxing Depart: 12:30pm Return: 2:00pm	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm	Professor WEMs mini golf	West Edmonton Mall Depart: 12:30pm Return: 2:00pm
Wed. April 24	WEM Waterpark	WEM Waterpark Depart: 8:00am Return: 12:00pm	WEM Waterpark	WEM Waterpark Depart: 8:00am Return: 12:00pm	WEM Waterpark	WEM Waterpark Depart: 8:00am Return: 12:00pm	WEM Waterpark	WEM Waterpark Depart: 8:00am Return: 12:00pm
Thurs. April 25	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm	Suspension yoga		Champs Boxing KO Class *Waiver*	Champs Boxing Depart: 12:30pm Return: 2:00pm	Clip n Climb *Waiver*	Clip n Climb Depart: 12:20pm Return: 1:50pm
Tues. April 30	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm	Track + Field Practice	Fowler Track Depart: 12:50pm Return: 2:10pm

Required Equipment:

Pickleball	Indoor shoes Exercise clothing Water bottle
Planet Lazer	Indoor shoes Exercise clothing Water bottle
Foam Fighters	Indoor shoes Exercise clothing Water bottle <i>*Waiver*</i>
Champs Boxing	Indoor shoes Exercise clothing Water bottle
Swimming	Swim gear Towel
Bowling	Water bottle
Soul Fitness	Water bottle Exercise clothing
Metro Billiards	Water bottle
Clip n Climb	Indoor shoes Exercise clothing Water bottle

	Waiver
Gymnastics	Water bottle Exercise clothing *Waiver*
House of Wheels	Indoor shoes Exercise clothing Water bottle *Waiver*
Badminton	Indoor shoes Exercise clothing Water bottle
WEM Waterpark	Swim gear Towel Money for snacks *We will pay for the students to rent a locker*
Track and Field	Weather appropriate exercise clothing Running shoes Water bottle