



St. Albert Sports Academy
Recreation Program
June 2025

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Tues. June 3rd	Spikeball Tournament	VJM Field Meet in Mr. Kelly's Room at the end of lunch	Servus Gym - floor hockey	Servus Depart: 12:45pm Return: 2:10pm	Tactical laser	Tactical Laser Depart: 12:20pm Return: 2:00pm
Wed. June 4th	Ropes Course	Snow Valley Depart: 12:20pm Return: 1:50pm	Rec Room	WEM Depart: 12:20pm Return: 2:00pm	Servus Swimming	Servus Place Depart 12:30 Return 2:10
Thurs. June 5th	Flag Football	VJM Field Meet in Mr. Kelly's Room at the end of lunch	Forza - Pilates	Walking Depart @ 12:30pm	Clip n Climb ** WAIVER **	Clip n Climb Depart 12:20pm Return 1:50pm
Tues. June 10th	Volleyball	Servus Depart: 12:45pm Return: 2:10pm	Gymnastics	Dynamix Gymnastics Depart: 12:45pm Return: 2:10pm	Terwillegar Swimming	Terwillegar Rec Centre Depart 12:20pm Return 1:50pm
Wed. June 11th	Slow Pitch	Father Jan Field Depart: 12:55pm Return: 2:15pm	Grosvenor Swimming	Grosvenor Pool Depart: 12:50pm Return: 2:15pm	Canoeing *WAIVER*	St Albert Canoe Kayak Depart 12:30pm Return 2:00pm

Thurs. June 12th	Servus Gym - Floor hockey	Servus Depart: 12:45pm Return: 2:10pm	Ropes Course	Snow Valley Depart: 12:20pm Return: 1:50pm	Outside Games @ Lions Park	WALKING to Lions Park
Tues. June 17th	Tactical Laser	Tactical Laser Depart: 12:20pm Return: 2:00pm	Kayaking and Paddle boarding	Cardiff Park Depart: 11:30am Return: 2:00pm	Ropes Course	Snow Valley Depart: 12:20pm Return: 1:50pm

Activity	Required Equipment
Servus - Floor Hockey	Indoor shoes Exercise clothing Water bottle
Rec Room	No equipment required
Pilates	Exercise clothing Water bottle *Grip socks will be provided*
Gymnastics	Exercise clothing Water bottle
Swimming	Swim gear Towel Sunscreen (for outdoor swim day)
Ropes course	Closed-toe shoes Exercise clothing Water bottle

Kayaking/Canoeing/Paddle boarding	Sunscreen Hat Water bottle Towel Extra clothing <i>*Waiver*</i>
Tactical Laser	Indoor shoes Exercise clothing Water bottle <i>*Students need to know their account information from the previous visit*</i>
Clip n Climb	Indoor shoes Exercise clothing Water bottle <i>*Waiver*</i>