

**St. Albert Sports Academy**  
**Richard S. Fowler - Recreation Program**  
*“Athletics are a Dress Rehearsal for Life”*  
Ph. # 780 459 2644

[barlinghaus@gsacrd.ab.ca](mailto:barlinghaus@gsacrd.ab.ca)

December 2024

Date	Location	Activity
3	Game OVR	Virtual Reality
4	Servus Place	Speed Ball
5	Soul Fitness	Yoga
10	Servus Place	Basketball
11	Desa	Karate
12	B-Active	Ping Pong
17	St. Albert Gymnastics	Gymnastics
18	Servus Place	Turf Activity
19	Servus Place	Swimming

- All athletes should have a proper change of clothes/equipment and water bottle/snacks for each activity.
- **If students are unable to bring equipment, please inform Mr. Ludtke, Mr. Arlinghaus or Mrs. Bazzarelli so that arrangements can be made.**

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[kbazzarelli@gsacrd.ab.ca](mailto:kbazzarelli@gsacrd.ab.ca)

Dec 2024

Date	Location	Activity
3	Soul Fitness	Yoga
4	Game OVR	Virtual Reality
5	Servus Place	Speed Ball
10	St. Albert Gymnastics	Gymnastics
11	ATHX	Fitness
12	Servus Place	Basketball
17	Desa	Karate
18	B-Active	Ping Pong
19	Servus Place	Swimming

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[cludtke@gsacrd.ab.ca](mailto:cludtke@gsacrd.ab.ca)

Dec 2024

Date	Location	Activity
3	Servus Place	Speed Ball
4	Soul Fitness	Yoga
5	Servus	Basketball
10	Desa	Karate
11	St. Albert Gymnastics	Gymnastics
12	Game OVR	Virtual Reality
17	B-Active	Ping Pong
18	Servus	Floor Hockey
19	Servus Place	Swimming

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