



**St. Albert Sports Academy**  
**Recreation Program**  
**January 2025**

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Tues. Jan. 7	Hip Hop Dance	Groovebox Depart: 12:30pm Return: 2:00pm	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm	Sledding - Liberton Hill	Walking  Depart: 12:30pm
Wed. Jan. 8	Rollers Roller Rink  *Waiver*	Rollers Roller Rink Depart: 12:30pm Return: 2:00pm	Hip Hop Dance	Groovebox Depart: 12:30pm Return: 2:00pm	Servus - Fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10pm
Thurs. Jan. 9	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:50pm	Rollers Roller Rink  *Waiver*	Rollers Roller Rink Depart: 12:30pm Return: 2:00pm	Hip Hop Dance	Groovebox Depart: 12:30pm Return: 2:00pm
Tues. Jan. 14	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm	B-Active Badminton	B-Active Badminton Depart: 12:30pm Return: 2:00pm	Rollers Roller Rink  *Waiver*	Rollers Roller Rink Depart: 12:30pm Return: 2:00pm
Wed. Jan. 15	Activate  *Waiver*	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm	Servus - Fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10pm	Swimming - Millenium	Millenium Place Depart: 12:20pm Return: 1:50pm

Thurs. Jan. 16	Swimming - Millenium	Millenium Place Depart: 12:20pm Return: 1:50pm	Swimming - Millenium	Millenium Place Depart: 12:20pm Return: 1:50pm	B-Active Badminton	B-Active Badminton Depart: 12:30pm Return: 2:00pm
Tues. Jan. 21	B-Active Badminton	B-Active Badminton Depart: 12:30pm Return: 2:00pm	Activate  *Waiver*	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm
Wed. Jan. 22	Sledding - Liberton Hill	Walking  Depart: 12:30pm	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm	Activate  *Waiver*	Activate - West Edmonton Depart: 12:20pm Return: 2:00pm
Thurs. Jan. 23	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:50pm	Game OVR	Game OVR Depart: 12:30pm Return: 2:00pm
Tues. Jan. 28	Skating - Victoria Park	Victoria Park Depart: 12:20pm Return: 1:55pm	Skating - Victoria Park	Victoria Park Depart: 12:20pm Return: 1:55pm	Skating - Victoria Park	Victoria Park Depart: 12:20pm Return: 1:55pm
Wed. Jan. 29	Servus - Fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10pm	Sledding - Liberton Hill	Walking  Depart: 12:30pm	Planet Lazer	Planet Lazer Depart: 12:20pm Return: 2:00pm

Activity	Required Equipment
<b>Hip Hop Dance</b>	Indoor shoes Comfortable exercise clothing Water bottle
<b>Rollers</b>	Comfortable exercise clothing Water bottle Helmet (If you want to bring your own)  Roller skates will be provided.  *Waiver*
<b>Tennis</b>	Indoor shoes Comfortable exercise clothing Water bottle
<b>Servus (Court/Field)</b>	Indoor shoes Comfortable exercise clothing Water bottle
<b>Activate</b>	Indoor shoes Comfortable exercise clothing Water bottle  *Waiver*
<b>Swimming</b>	Swim gear Towel
<b>Badminton</b>	Indoor shoes Comfortable exercise clothing Water bottle

<b>Sledding</b>	Outdoor clothing Soft sided sled (no GT racers or wooden sleds) Helmet Water bottle
<b>Lazer Tag</b>	Indoor shoes Comfortable exercise clothing Water bottle
<b>Skating</b>	Outdoor clothing Skates Helmet Water bottle
<b>Game OVR</b>	Indoor shoes Comfortable exercise clothing Water bottle