



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

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Tues. Mar. 4	AHP - Baseball	AHP Depart: 12:45pm Return: 2:10pm *Sharing a bus with Servus*	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm *Sharing a bus with Servus*	Parkour *Waiver*	FlyFree Movement Depart: 12:20pm Return: 1:50pm
Wed. Mar. 5	Rabbit Hill	Rabbit Hill Depart: 8:15am Return: 1:30pm	Rabbit Hill	Rabbit Hill Depart: 8:15am Return: 1:30pm	Rabbit Hill	Rabbit Hill Depart: 8:15am Return: 1:30pm
Thurs. Mar. 6	Cirquetastic	Cirquestastic Depart: 12:20pm ReturnL 1:50pm	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:50pm	AHP - Baseball	AHP Depart: 12:45pm Return: 2:10pm

Tues. Mar. 11	Parkour *Waiver*	FlyFree Movement Depart: 12:20pm Return: 1:50pm	AHP - Baseball	AHP Depart: 12:45pm Return: 2:10pm *Sharing a bus with Servus*	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm *Sharing a bus with Servus*
Wed. Mar. 12	Oil Kings Game - 11:00am	Rogers Place Depart: 9:15am Return: 1:30pm	Oil Kings Game - 11:00am	Rogers Place Depart: 9:15am Return: 1:30pm	Oil Kings Game - 11:00am	Rogers Place Depart: 9:15am Return: 1:30pm
Thurs. Mar. 13	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm	Parkour *Waiver*	FlyFree Movement Depart: 12:20pm Return: 1:50pm	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:50pm
Tues. Mar. 18	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm	Gymnastics	Dynamyx Depart: 12:45pm Return: 2:05pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm
Wed. Mar. 19	Ted Dancins	Ted Dancins Depart: 12:50pm Return: 2:10pm	Squash	Royal Glenora Depart: 12:20pm Return: 1:50pm	Servus - Fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10pm
Thurs. Mar. 20	Swimming - Terwilliger		Swimming - Terwilliger	Terwilligar Rec Center Deapart: 12:20pm Return: 1:50pm	Yoga (1:15 - 2:00)	Lahari Yoga Walking - Meet in Miss. LaBuick room after lunch.

Activity	Required Equipment
AHP - Baseball	Comfortable exercise clothing Indoor shoes Water bottle
Servus (Court and fieldhouse)	Comfortable exercise clothing Indoor shoes Water bottle
Parkour	Comfortable exercise clothing Indoor shoes Water bottle <i>*Waiver*</i>
Rabbit Hill	Outdoor clothing (gloves, snow pants, jacket) Helmet Goggles/Sunglasses Lunch or money Water bottle Equipment (if not renting)
Cirquetastic	Comfortable exercise clothing Water bottle <i>*Waiver*</i>
Tennis	Comfortable exercise clothing Indoor shoes Water bottle

Oil Kings game	Bagged lunch or money for food
Squash	Comfortable exercise clothing Indoor shoes Water bottle
Gymnastics	Comfortable exercise clothing Water bottle <i>*Waiver*</i>
Ted Dancins Golf	Comfortable exercise clothing Indoor shoes Water bottle
Swimming	Swimming gear Towel
Yoga	Comfortable exercise clothing Water bottle <i>*Yoga mats will be provided*</i>