



**St. Albert Sports Academy  
Recreation Program  
November 2024**

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Tues. Nov. 5th	Hip Hop Dance	3rd Street Beat Depart: 12:30pm Return: 2:00pm	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm	Shoot 360  <b>*WAIVER*</b>	Shoot 360 Sherwood Park Depart: 12:20 PM Return: 1:50 PM
Wed. Nov. 6th	Servus - Fieldhouse activity  <b>Share bus with group 3</b>	Servus Depart: 12:45pm Return: 2:10pm	Hip Hop Dance	3rd Street Beat Depart: 12:30pm Return: 2:00pm	Servus - Court activity  <b>Share bus with group 1</b>	Servus Depart: 12:45pm Return: 2:10pm
Thurs. Nov. 7th	Shoot 360  <b>*WAIVER*</b>	Shoot 360 Sherwood Park Depart: 12:20 PM Return: 1:50 PM	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 1:50pm	Hip Hop Dance	3rd Street Beat Depart: 12:30pm Return: 2:00pm
Tues. Nov. 19th	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm	Shoot 360  <b>*WAIVER*</b>	Shoot 360 Sherwood Park Depart: 12:20 PM Return: 1:50 PM	Wyld Archery  <b>*WAIVER*</b>	Wyld Archery Depart: 12:35 PM Return: 2:00 PM
Wed. Nov. 20th	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 1:50pm	Servus - Court activity	Servus Depart: 12:45pm Return: 2:10pm	Pickleball	EVP Center (south) Depart: 12:20pm Return: 1:50pm

<b>Thurs. Nov. 21st</b>	<b>Wyld Archery</b>  <b>*WAIVER*</b>	<b>Wyld Archery</b> Depart: 12:35 PM Return: 2:00 PM	<b>Cirquetastic</b>	<b>Cirquetastic Circus and Acrobatics</b> Depart: 12:20pm Return: 1:55pm	<b>Sledge Hockey</b>	<b>Clareview Arena</b> Depart: 12:20pm Return: 1:50pm
<b>Tues. Nov. 26th</b>	<b>Karate</b>	<b>Desa School of Karate</b> Depart: 12:45pm Return: 2:10pm	<b>Wyld Archery</b>  <b>*WAIVER*</b>	<b>Wyld Archery</b> Depart: 12:35 PM Return: 2:00 PM	<b>Cirquetastic</b>	<b>Cirquetastic Circus and Acrobatics</b> Depart: 12:20pm Return: 1:55pm
<b>Wed. Nov. 27th</b>	<b>Panther Boxing Gym</b>  <b>*WAIVER*</b>	<b>Panther Gym</b> Depart: 12:20 pm Return: 1:50 pm	<b>Karate</b>	<b>Desa School of Karate</b> Depart: 12:45pm Return: 2:10pm	<b>Servus - Fieldhouse activity</b>	<b>Servus</b> Depart: 12:45pm Return: 2:10pm
<b>Thurs. Nov. 28th</b>	<b>Terwilliger - Swimming</b>	<b>Terwilliger</b> Depart: 12:20pm Return: 1:50pm	<b>Terwilliger - Swimming</b>	<b>Terwilliger</b> Depart: 12:20pm Return: 1:50pm	<b>Karate</b>	<b>Desa School of Karate</b> Depart: 12:45pm Return: 2:10pm

<b>Activity</b>	<b>Required Equipment</b>
Hip Hop Dance	Comfortable exercise clothing Water bottle Indoor shoes
Pickleball	Comfortable exercise clothing Water bottle Indoor shoes

Shoot 360 (Basketball)	Comfortable exercise clothing Water bottle Indoor shoes
Servus - Field or Court	Comfortable exercise clothing Water bottle Indoor shoes
Sledge Hockey	Comfortable warm clothing Gloves or mitts Helmet Shoes <i>*Sledges will be provided*</i>
Archery	Comfortable clothing Water bottle Close toed shoes <i>*Waiver*</i>
Circus acrobats	Comfortable exercise clothing Water bottle Indoor shoes
Karate	Comfortable exercise clothing Water bottle
Boxing	Comfortable exercise clothing Water bottle Indoor shoes <i>*Waiver*</i>
Swimming	Swim gear Towel