



St. Albert Sports Academy
Recreation Program
December 2024

DATE	Group 1 (Mr. Kelly) Activity	Location	Group 2 (Mrs. French) Activity	Location	Group 3 (Miss. LaBuick) Activity	Location
Tues. Dec. 3	Hip Hop Dance	3rd Streetbeat Depart: 12:30pm Return: 2:00pm	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm	Yoga - 1:15 - 2:00	Walking Depart: 1:00pm
Wed. Dec. 4	Servus - Court activity	Servus Place Depart: 12:45pm Return: 2:10pm	Hip Hop Dance	3rd Streetbeat Depart: 12:30pm Return: 2:00pm	Panther Boxing Gym *WAIVER*	Panther Gym Depart: 12:20 PM Return: 1:50 PM
Thurs. Dec. 5	Cirquetastic *WAIVER*	Cirquetastic Depart: 12:20pm Return: 1:50pm	Panther Boxing Gym *WAIVER*	Panther Gym Depart: 12:20 PM Return: 1:50 PM	Hip Hop Dance	3rd Streetbeat Depart: 12:30pm Return: 2:00pm
Tues. Dec. 10	Karate	Desa School of Karate Depart: 12:45pm Return: 2:00pm	House of Wheels	House of Wheels Depart: 12:20pm Return: 1:50pm	Cyclebar *WAIVER*	Cyclebar Depart: 12:30pm Return: 2:00pm
Wed. Dec. 11	Cyclebar *WAIVER*	Cyclebar Depart: 12:30pm Return: 2:00pm	Karate	Desa School of Karate Depart: 12:45pm Return: 2:00pm	Servus - Swimming	Servus Place Depart: 12:20pm Return: 2:10pm

Thurs. Dec. 12	House of Wheels *WAIVER*	House of Wheels Depart: 12:20pm Return: 1:50pm	Cyclebar *WAIVER*	Cyclebar Depart: 12:30pm Return: 2:00pm	Karate	Desa School of Karate Depart: 12:45pm Return: 2:00pm
Tues. Dec. 17	Rabbit Hill - All day activity	Rabbit Hill Depart: 8:15am Return: 1:30pm	Rabbit Hill - All day activity	Rabbit Hill Depart: 8:15am Return: 1:30pm	Rabbit Hill - All day activity	Rabbit Hill Depart: 8:15am Return: 1:30pm
Wed. Dec. 18	Raise Athletics Flag Football	Raise Athletics Depart: 12:45 PM Return: 2:10 PM	Servus - Fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10pm	Exam Make Up Day	At VJM Miss. LaBuick's Room
Thurs. Dec. 19	Exam Make Up Day	At VJM Mr. Kelly's Room	Exam Make Up Day	At VJM Mrs. French's Room	House of Wheels *WAIVER*	House of Wheels Depart: 12:20pm Return: 1:50pm

Activity	Required Equipment
Hip Hop Dance	Comfortable clothing Water bottle Indoor shoes
Servus - Court/Fieldhouse	Exercise clothing Water bottle Indoor shoes
Yoga	Exercise clothing Water bottle Yoga mats will be provided

Boxing	Exercise clothing Water bottle Indoor shoes <i>*Waiver*</i>
Cirquetastic	Exercise clothing Water bottle <i>*Waiver*</i>
Karate	Exercise clothing Water bottle
Cyclebar - Spin class	Exercise clothing Water bottle <i>*Waiver*</i> <i>Spin shoes will be provided</i>
House of Wheels	Comfortable clothing Water bottle Indoor shoes <i>*Waiver*</i>
Swimming	Swimming gear Towel
Rabbit Hill	Ski/Snowboard gear (unless renting) Snow pants Jacket Mitts Helmet Waterbottle Food or money for the day

Flag Football	Exercise clothing Water bottle Indoor shoes
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