

St. Albert Sports Academy Recreation Program

Bertha Kennedy Catholic School

“Athletics are a Dress Rehearsal for Life”

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January 2025 Schedule

Date	Location	Activity	Equipment	Lunch
Jan 6	Cyclebar St. Albert	Spin Class	Indoor shoes, Water Bottle	At school
Jan 8	St. Albert Bowling Center	Bowling	Water Bottle	At School
Jan 13	Activate Edmonton West	Activate	Indoor (closed toe) shoes, Water Bottle	On Bus
Jan 15	Elite Dance Studio	Dance	Indoor shoes, Water Bottle	At School
Jan 20	Activate Edmonton West	Activate	Indoor (closed toe) shoes, Water Bottle	On Bus
Jan 22	Liberton Park	Tobogganing	Toboggan, Helmet, Jacket, Snow pants, Touque, Mitts, etc	At School
Jan 27	Planet Lazer	Lazer Tag	Indoor shoes, Water Bottle	On Bus
Jan 29	Albert Lacombe	Wallball	Indoor shoes, Water Bottle	At School