

Possible Activities

Cross Country Running
Biking
Cross Fit
Soccer
Baseball
Lacrosse
Hockey
Tobogganing
Swimming
Golf
Skating
Snowshoeing
Yoga
Ringette
...and more!



Registration

Registration is open to any student in grade 4. to a maximum of 25 students.

Complete the registration form and return to the office with payment.

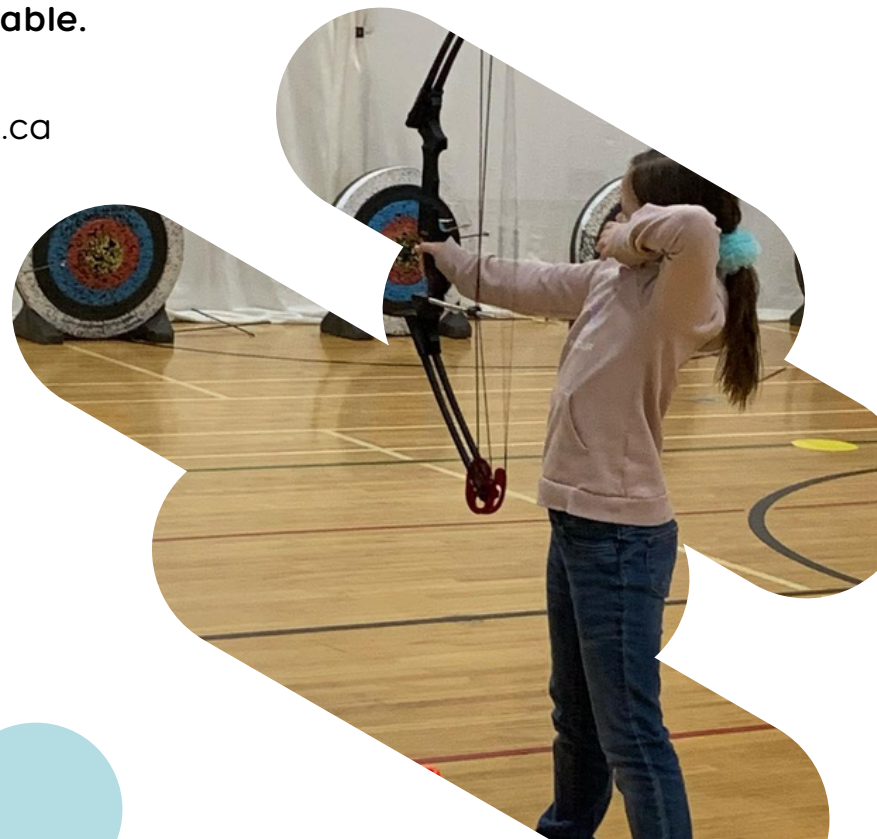
Payment plans are available.

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Bon Accord Community School

Rec Academy

2023-2024



Curricular Connections and Objectives

Developing physical literacy through movement and active living supports well-being across a life span.

Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.

A lifetime of optimal well being and physical wellness is supported by prioritizing health, safety, nutrition and healthy eating.

Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.

Decision making that optimizes personal health and well-being is informed by understanding growth and development.

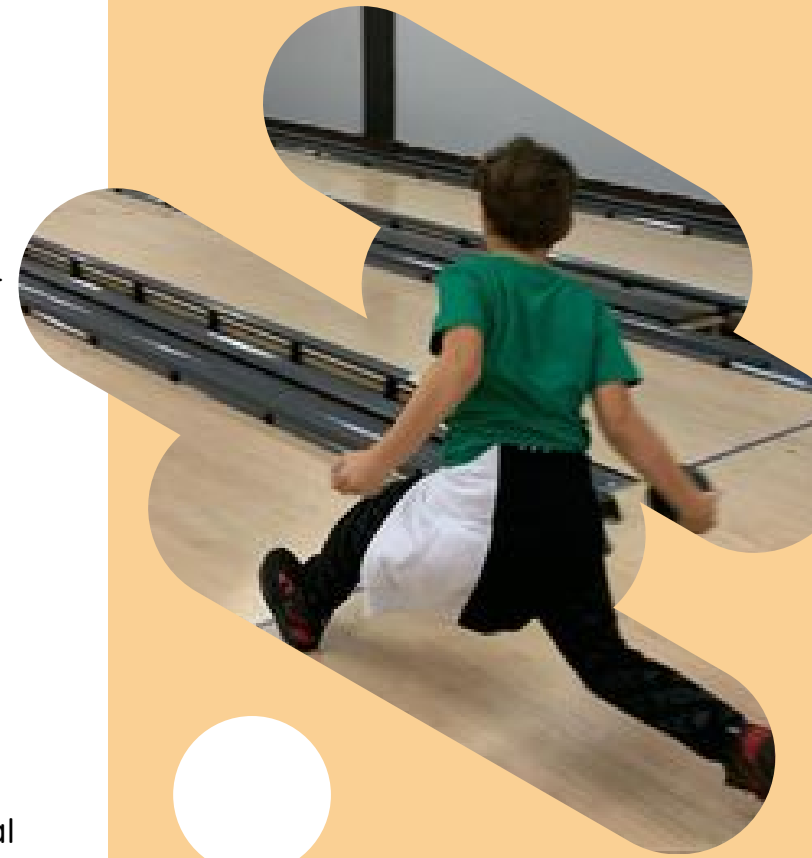
Rec Academy

The goal of the Recreation Academy is to help students explore the importance of life long fitness and empower them to actively pursue a life-style of positive, personal wellness.

By exposing students to a wide range of recreational activities in their own community and regularly scheduled information seminars at school, students are afforded many opportunities to grow in all dimensions: gaining nutritional awareness, knowledge of functional fitness and the importance of a balanced lifestyle in order to achieve optimal health

There will be a \$50 fee upon enrollment in the Rec Academy to cover the cost of field trips and guest facilitators throughout the year.

***Students will not be missing core subjects to participate.**



Everyone a Learner Everyone a Leader

Lifelong learners,

Lifelong leaders,

Strengthening our community.