

ST. MARK'S Recreation Academy

WELCOMES ALL SKILL



Balances in Body, Mind and Spirit

**REGISTRATION
STARTS NOW!**



RECREATION ACADEMY

REGISTER TODAY!!!
FOR AN ACTION-PACKED 2015-2016 YEAR



www.stmarkrec.com

A MESSAGE FROM OUR COORDINATOR

Our Academy is focused on providing students unique opportunities in alternative environments that will enhance their development in the following areas:

- ◆ Sport Performance
- ◆ Health & Nutrition
- ◆ Physical Education
- ◆ Sport Injuries
- ◆ Safety & Life Skills
- ◆ Goal Planning & Career Development
- ◆ Leadership & Volunteerism
- ◆ Teamwork

MISS MELISSA O'CONNOR

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PROGRAM COORDINATOR / LEAD TEACHER



**11625-135 St.
Edmonton, AB
780-455-1684**



RECREATION ACADEMY

Rec it up!

REGISTRATION
BEGINS **FEB. 11**



ALL GRADE LEVELS
7, 8, & 9



RECREATION ACADEMY



ACADEMY INFORMATION

Our ideology as an Academy is "Fitness for Life" with a balance in body, mind, and spirit. In our Academy, we aim at providing your child with experiences that will enhance your child's future driven by being physically active and staying healthy.

ENGAGE IN ACTIVITIES OUTSIDE THE CLASSROOM

Academy students are taken on field trips that introduce them to alternative environments that are centered on physical fitness, education, and development.

SPORT AND LIFE SKILLS DEVELOPMENT

Academy students are introduced to many avenues of sport and leisure activities in this program that take them beyond normal classroom instruction. Students also learn more about careers in these areas along with building on skills that will boost a physically active lifestyle.

Sample Activities:

- First Aid Training
- Swimming & BOAT safety
- Gymnastics
- Overnight Camping
- Crossfit Training
- Sledge Hockey
- Golf
- Community Farms
- CBC News Broadcasting
- EPS & Fire Rescue Education

Curriculum Objectives

The program's curriculum is based around the curriculum objectives Alberta Education has in place for this province. These objectives focus around the subject areas of Physical Education, Health & Wellness, and Career Management.

SCHEDULE

Academy students participate in Recreation Academy twice a week on Tuesdays and Fridays in the afternoons. This occurs during 'option' time, that consists of two full blocks. This allows our Academy students more time to participate in activities that are beyond the scope of the classroom.

PARTNERSHIP & FACILITIES

Our Academy teams up with: City of Edmonton Facilities, River Valley Programs, Hayabusa Training, Athlete Nation, St.Albert Gymnastics Club, Saville Centre, Victoria Golf Club, RockJungle Fitness, and many more!

APPLICATION PROCESS & FEES

Students must fill out a registration form found on the back of this brochure and/or at the Open House in order to be eligible for our 2016-2017 program year. Once your application form has been submitted and approved by Academy staff and Admin, we can begin the registration process. Fees for this program are \$150 per month OR one annual fee of \$1500. In order to register for this program, two months' payment is required. Fees cover the cost of: instruction and activities, transportation, and apparel.



OPEN HOUSE ON THURSDAY, FEBRUARY 11TH, 2016 @ 7PM



REGISTRATION INFORMATION:

To see if the Recreation Academy is fit for you, please come to our OPEN HOUSE on **Thursday, February 11th, 2016 @ 7pm** at St.Mark Junior High School! We are also offering a shadow day, "Be A Rec Student for an Afternoon" on **Tuesday, February 16th, 2016**. For more details please visit our website!

REGISTRATION FORM

NOTE: In order for this application to be complete, a copy of the latest report card is also required. Please return completed registration form and report card to St. Mark Junior High on/ or before **April 30, 2016.*

I WANT TO ENROLL

STUDENT'S FIRST AND LAST NAME

DATE OF BIRTH

ADDRESS

CITY

PHONE

PREVIOUS SCHOOL

PREVIOUS SPORTS AND/OR CLUBS:

SIGNATURE

Name of Parent/Guardian

ADDRESS

CITY

EMAIL

TOTAL

* In order to register, a minimum payment of \$300 is required (this is September and June's non-refundable payment). Payment will only be processed if your child is accepted into the Recreation Academy. Other methods of payment, please see the office.

VISA MASTERCARD AMERICAN EXPRESS

CC#

EXP. DATE

SECURITY CODE

SIGNATURE

MAIL DOCUMENTS TO:

ST.MARK CATHOLIC JUNIOR HIGH
11625-135 Street, Edmonton. T5M-1L1

