

Physical Literacy

Physical literacy is the foundation for a lifelong relationship with movement and activity. It goes beyond learning basic skills, it's about developing confidence, competence, and motivation to be active in a variety of environments. When children and youth are physically literate, they can run, jump, throw, catch, and move with ease, setting them up to enjoy sports, recreation, and everyday activities. Just as reading opens doors to learning, physical literacy opens doors to health and well-being. By nurturing these skills early, we help create healthier, more active communities where everyone feels empowered to participate.

Growing the Game



The Leduc Women's Basketball League tipped off its inaugural season in the fall of 2024 with a simple goal: to create a community for women who enjoy being together through sport. With strong support from local businesses, the league has quickly grown into a vibrant part of the community.

Today, the league offers a 5v5 season in the fall and winter, as well as a fast-paced 3x3 league in the spring. Games are held on Sunday evenings and have become more than just competition they're a gathering place where players, families, and friends come together to connect, cheer, and share in the love of the game.

Key Dates

October 5 - Registration opens for Term 2



October 13 and 31 - Program closed for Thanksgiving and Halloween

October 26 - Registration opens for 11U Hoop into the New Year Camp. December 30, 31, January 2



Buckets Basketball IQ

Basic Defensive Positioning

- Be between your player and the basket
- Do not chase players without the ball who are far away from the basket
- The closer your player is to the basket, the closer you get to your player
- See the ball and your player at the same time



"Stay between your player and the basket"

The number one rule of basketball defence.

In the Community

Join Beaumont RCMP for a family-friendly Halloween on October 31, 3:30-5:30 p.m. at Ken Nichol Recreation Centre. Enjoy treat bags, fun activities, safety tips, and a kids' prize draw—perfect for young trick-or-treaters starting their evening.

"I love to watch you play"



What every player wants to hear on the ride home.