

Adult Volunteer Opportunities Fall 2026

Program	Volunteer Role	Session Times
Adult PALS (Physical Activity Led by Student) September 14 – December 4	Work 1:1 with a participant and guide them through their individualized exercise program. You will work with staff to develop/progress participants through the semester and help them achieve their fitness goals. Volunteers will have the opportunity to lead, plan and adapt exercises. *Please note program is not active on September 30, October 12, October 15-16, and November 9-13*	Session 1 – Monday @ 10:00-11:00 Session 2 – Monday @ 11:00-12:00 Session 3 – Monday @ 1:00-2:00 Session 4 – Monday @ 2:00-3:00 Session 5 – Tuesday @ 10:00-11:00 Session 6 – Tuesday @ 1:00-2:00 Session 7 – Tuesday @ 2:00-3:00 Session 8 – Wednesday @ 10:00-11:00 Session 9 – Wednesday @ 11:00-12:00 Session 10 – Wednesday @ 1:00-2:00 Session 11 – Thursday @ 10:00-11:00 Session 12 – Thursday @ 11:00-12:00 Session 13 – Friday @ 10:00-11:00 Session 14 – Friday @ 11:00-12:00 Session 15 – Friday @ 1:00-2:00
Fall Prevention September 18 – December 4	Support participants with a fall prevention program that aims to not only prevent falls and build their bodies to survive a fall but also will educate them in the process. Volunteers will have the opportunity to lead, plan and adapt exercises. *Please note program is not active on October 16 and November 13*	Session 1 – Friday @ 12:00-1:00



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Program	Volunteer Role	Session Times
Sit to Be Fit September 14 – December 3	Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises. *Please note program is not active on October 12, October 15, November 9-10 and November 12.*	Session 1 – Monday @ 10:00-11:00 Session 2 – Tuesday @ 10:00-11:00 Session 3 – Thursday @ 10:00-11:00
Circuit Training September 14 – December 3	Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises. *Please note program is not active on October 12, October 15, November 9-10 and November 12.*	Session 1 – Monday @ 11:30-12:30 Session 2 – Tuesday @ 11:30-12:30 Session 3 – Thursday @ 11:30-12:30

Athlete Volunteer Opportunities Fall 2026

Program	Volunteer Role	Session Times
Athlete in Training September 15 – December 3	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals. *Please note program is not active on October 15, November 10, and November 12.*	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
Performance Para Development September 14 – December 2	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals. *Please note program is not active on September 30, October 12, November 9, and November 11.*	Session 1 – Monday @ 4:30-6:30 PM & Wednesday @ 4:30-6:30 PM Note: Selecting this program means you commit to attending both Monday and Wednesday sessions.
Para Swim September 15 – December 5	Offer cueing and coaching to swimmers of varying skill level. Learn to adapt swimming skills and techniques for each athlete. Opportunity to create lesson plans under supervision of Coach. *Please note program not active on October 10, October 15-16, and November 10-14* *Must be competent at swimming as a prerequisite* *When you apply for this volunteer position, the final decision for placement is from the Coach for Para Swim*	Session 1 – Tuesday @ 7:00-8:00 PM Session 2 – Thursday @ 4:00-5:00 PM Session 3 – Thursday @ 7:00-8:00 PM Session 4 – Thursday @ 8:00-9:00 PM Session 5 – Friday @ 4:00-5:00 PM Session 6 – Saturday @ 9:00-10:00 AM



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Para Athletics September 9 – July 30	Lead athletes in warm-up and cool-downs. Assist with transferring to racing chair, cue and coach, and lead workouts while walking, running, and/or wheeling beside athletes. Learn to adapt running, wheeling, and throwing skills/techniques. *Please note program not active on September 30, October 16, November 11 & 13, December 9-31, January 1-5, February 17 & 19, and March 26-May 4* *Please note that location and times for the opportunity are variable and may change for week-to-week* *When you apply for this volunteer position, the final decision for placement is from the Head Coach for Para Athletics*	Session 1 – Wednesday @ 5:30-7:00 PM Session 2 – Friday @ 5:00-6:30 PM

Free2BMe Volunteer Opportunities Fall 2026

Program	Volunteer Role	Session Times
Free2BMe Movement PALS (ages 4-12) (Physical Activity Led by Students) September 14 – December 3	The PALS program will give you the opportunity to teach motor skill development to improve participant physical literacy through 45 minute 1:1 instruction. We will train you how to coach participants during sessions and how to create a lesson plan. *Please note program not active on September 30, October 13, October 15-17, and November 10-14*	Session 1 – Monday @ 4:30-5:10 PM Session 2 – Tuesday @ 4:30-5:10 PM Session 3 – Tuesday @ 5:30-6:10 PM Session 4 – Wednesday @ 4:30-5:10 PM Session 5 – Thursday @ 4:30-5:10 PM Session 6 – Thursday @ 5:30-6:10 PM
Free2BMe Fitness PALS (ages 12-19) (Physical Activity Led by Students) September 14 – November 30	Work 1:1 with a participant and guide them through their individualized 60 minute exercise program. Each session will finish with some game elements. You will work with staff to develop and progress participants through sessions to help them achieve their fitness goals. *Please note program not active on October 15 and November 12*	Session 1 – Monday @ 5:30-6:30 PM
Teen Fitness Fun (ages 12-19) September 17 – December 3	Support teens to workout in a fun, social atmosphere. Participants will discover different way to keep fit, work on exercise technique and fitness knowledge while training in a supportive environment. *Please note program not active on October 15 and November 12*	Session 1 – Thursday @ 6:30-8:00 PM



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Choose Your Own Adventure (ages 7-12) September 16 – December 2	Facilitate participants sampling a variety of different sports and activities. Each week the group will try out something new. Volunteers will have the opportunity to lead, plan and adapt exercises. *Please note program not active on September 30 and November 11*	Session 1 – Wednesday @ 5:30-6:30 PM

FES Volunteer Opportunities Fall 2026

Program	Description	Session Times
FES August 31 – December 8	Functional Electrical Stimulation exercise uses electrical currents applied to nerves via surface electrodes causing contractions in paralyzed or weakened muscles. Learn to set up and monitor individualized FES programs for adults experiencing disability to support their fitness goals. *Completion of an online FES training course (45-60 min) is required for this volunteer placement* *Please note program not active on September 30, October 13, October 15-17, and November 10-14*	Session 1 – Monday @ 10:00-11:00 Session 2 – Monday @ 12:00-1:00 Session 3 – Tuesday @ 9:00-10:00 Session 4 – Tuesday @ 10:00-11:00 Session 5 – Tuesday @ 11:00-12:00 Session 6 – Tuesday @ 12:00-1:00 Session 7 – Tuesday @ 1:00-2:00 Session 8 – Tuesday @ 2:00-3:00 Session 9 – Wednesday @ 10:00-11:00 Session 10 – Wednesday @ 12:00-1:00 Session 11 – Thursday @ 9:00-10:00 Session 12 – Thursday @ 10:00-11:00 Session 13 – Thursday @ 11:00-12:00 Session 14 – Thursday @ 12:00-1:00 Session 15 – Thursday @ 1:00-2:00 Session 16 – Thursday @ 2:00-3:00 Session 17 – Friday @ 10:00-11:00 Session 18 – Friday @ 12:00-1:00

To apply for any of our volunteer opportunities please visit our website:

<https://www.ualberta.ca/steadward-centre/get-involved/volunteer.html>. For more information on these volunteer opportunities please contact tscvol@ualberta.ca or 780-492-3182. We thank all applicants for their interest. Once the volunteer application form is submitted, all successful applicants will receive a confirmation once a spot has been secured.