

# Adult Volunteer Opportunities Spring/Summer 2025

Program	Volunteer Role	Session Times
<b>PALS (Physical Activity Led by Student)</b> May 5 – July 15	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.  <b>*Please note program not active May 19 or July 1*</b>	Session 1 – Monday @ 10:45-11:45 Session 2 – Monday @ 1:00-2:00 Session 3 – Tuesday @ 10:45-11:45 Session 4 – Tuesday @ 1:00-2:00 Session 5 – Wednesday @ 10:45-11:45 Session 6 – Wednesday @ 1:00-2:00 Session 7 – Wednesday @ 2:15-3:15 Session 8 – Thursday @ 10:45-11:45 Session 9 – Thursday @ 1:15-2:10 Session 10 – Friday @ 10:45-11:45 Session 11 – Friday @ 1:00-2:00 Session 12 – Friday @ 2:15-3:15
<b>Fall Prevention</b> May 9 – July 11	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.	Session 1 – Friday @ 12:00-1:00
<b>Sit to Be Fit</b> May 6 – August 7	Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises.	Session 1 – Tuesday @ 10:00-11:00 Session 3 – Thursday @ 10:00-11:00
<b>Circuit Training</b> May 6 – August 7	Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises.	Session 1 – Tuesday @ 11:30-12:30 Session 2 – Thursday @ 11:30-12:30
<b>U35 Group Fitness</b> May 5 – June 16	With a focus on Young Adult fitness this group class will work on cardio and strength in a fun, social environment. Workouts set to music will keep them moving	Session 1 – Monday @ 6:30-7:30

# Athlete Volunteer Opportunities Spring/Summer 2025

Program	Volunteer Role	Session Times
<b>Athlete in Training</b> May 6 – July 15	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.  <b>*Please note program not active July 1*</b>	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
<b>Performance Para Development</b> May 6 – July 15	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.  <b>*Please note program not active July 1*</b>	Session 1 – Tuesday @ 6:00-7:30 PM Session 2 – Thursday @ 6:00-7:30 PM
<b>Steadward Bears Para Swim Team</b> May 7 – June 11	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 the Head Coach.  <b>*Must be competent at swimming as a prerequisite*</b>  <b>*When you apply for this volunteer position, the final decision for placement is from the Head Coach for Para Swim*</b>	Session 1 – Wednesday @ 4:00-5:00 PM Session 2 - Tuesday @ 7:00-8:30 PM Session 3 – Wednesday @ 7:00-8:00 PM Session 4 - Thursday @ 7:00-8:30 PM

Program	Volunteer Role	Session Times
<p><b>Steadward Bears Para Athletics Team</b></p> <p>September 11 – July 30</p>	<p>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.</p> <p><b>*Please note that location and times for the opportunity are variable and may change for week-to-week*</b></p> <p><b>*When you apply for this volunteer position, the final decision for placement is from the Head Coach for Para Athletics*</b></p>	<p>Session 1 – Wednesday (5:30-7:00 PM)</p> <p>Session 2 – Friday (6:00-7:30 PM)</p>

# Free2BMe Volunteer Opportunities Spring 2025

Program	Volunteer Role	Session Times
<b>Free2BMe PALS (45 minutes)</b> <b>(ages 4-12)</b> <b>(Physical Activity Led by Students)</b>  May 5 – June 16	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.  <b>*Please note program not active May 19*</b>	Session 1 – Monday @ 4:15-5:00 Session 1 – Monday @ 5:15-6:00 Session 1 – Tuesday @ 4:15-5:00 Session 1 – Tuesday @ 5:15-6:00 Session 1 – Wednesday @ 4:15-5:00 Session 1 – Thursday @ 4:15-5:00 Session 1 – Thursday @ 5:15-6:00
<b>Free2BMe PALS (60 minutes)</b> <b>(ages 12-19)</b> <b>(Physical Activity Led by Students)</b>  May 7 – June 11	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.	Session 1 – Wednesday @ 5:00-6:00
<b>Teen Fitness Fun (ages 12-19)</b>  May 8 – June 12	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.	Session 1 – Thursday @ 6:30-8:00
<b>Choose Your Own Adventure</b> <b>(ages 7-12)</b>  May 7 – June 11	Building on the success of Activity Sampler, this group offering allows the child to sample different sport skills and motor skills. Most importantly, the child has freedom to explore their interests! Movement is promoted and they get to be active in a way that is meaningful to them.	Session 1 – Wednesday @ 6:30-7:30

Program	Volunteer Role	Session Times
<p><b>Cycle Adventure (ages 12-19)</b></p> <p>May 6 – June 10</p>	<p>This program is designed for the cyclist looking to develop their cycling skills. Work with participants to build their endurance and cycling skills by riding on trails throughout the University of Alberta campus and surrounding areas. Assist in teaching participants to shift gears, share trails and roads with other users, all whilst exploring Edmonton's beautiful river valley. Program will run rain or shine. Volunteers will need to bring their own bike and helmet.</p>	<p>Session 1 – Tuesday @ 6:00-8:00</p>
<p><b>Cycle Challenge (ages 4-12)</b></p> <p>May 7 – June 11</p>	<p>Leave the training wheels behind! Work one-on-one with a participant to help them gain the confidence and techniques needed to ride independently. Learn about play-based instruction and assist participants in achieving small attainable goals to make them feel comfortable and confident on two wheels. This program will run rain or shine.</p>	<p>Session 1 – Wednesday @ 5:15-6:00</p>
<p><b>1:1 Training Sessions (ages 4-19)</b></p> <p>May 5 – June 16</p>	<p>In this program, a TSC instructor works 1:1 with a participant and takes them through programming to help achieve their development and fitness goals. We recruit volunteers on a case-by-case basis to participate in and support these sessions.</p> <p><b>*Please note program not active May 19*</b></p>	<p>Session times are variable. Please give as wide of a time range as possible days and times) when submitting your application.</p>

# Summer Camps Volunteer Opportunities Summer 2025

Program	Description	Camp Daily Times
<b>Little Activators (3-7 yrs)</b>  July 2 – 4  July 28 – August 1	This half-day camp introduces our youngest participants to the joy of physical activity. They will build fundamental movement skills through play, dance and movement activities.	July – 9:00-12:00  August – 9:00-12:00
<b>Nature Discovery (7-12 yrs)</b>  July 28 – August 1	This half day camp will ignite curiosity around nature and encourage a better understanding of our natural world, all while creating physical activity in its original setting. Physical literacy meets the forest! Facilitate the reconnection of participants to nature.	1:00-4:00
<b>Campus Adventure (7-14 yrs)</b>  July 2 – 4	This half-day camp is a mix of everything fun to kick start your summer. Facilitate cooperative games, scavenger hunts, lawn games, and so much more for participants!	1:00-4:00
<b>Splash &amp; Fun (7-14 yrs)</b>  July 7 – 11  August 5 – 8	This half day camp is intended to increase participant comfort in the water while engaging in swimming activities and games. There are no formal swim lessons involved in this camp.	July – 9:00-12:00  August – 9:00-12:00

Program	Description	Camp Daily Times
<b>Steadward Bears (12+ yrs)</b>  July 21 – 25	Support participants with developing their skills in swimming and track and field. Half of the camp will be spent in the Butterdome where participants will develop skills related to run, jump, throw, wheel. The other half of the camp will be spent in the pool focused on an introduction to competitive swimming skills.	9:00-4:00
<b>TSC Teen Week (12+ yrs)</b>  July 14 – 18  August 11-15	Time for the teens to shine! Join us for camp where teens will participate in many social activities where games and other fitness fun is enjoyed by all. One of the camp days will feature a session in the swimming pool. The week will be capped off with a visit to a local splash park!	9:00-4:00
<b>Summer Staycation (19-29 yrs)</b>  July 7 – 11  August 5 – 8	This half-day camp allows young adults to sample a variety of activities at TSC and on campus. Sampler activities will include but not be limited to an outdoor immersion session and a scavenger hunt in some of the unique museums U of A hosts on campus.	1:00-4:00

## FES Volunteer Opportunities Spring 2025

Program	Description	Session Times
<p><b>FES</b></p> <p>May 5 – June 13</p>	<p>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.</p> <p><b>*Completion of an online FES training course (45-60 min) is required for this volunteer placement*</b></p> <p><b>*Please note program not active on May 19*</b></p>	<p>Session 1 – Monday @ 9:00-10:00            Session 2 – Monday @ 10:00-11:00            Session 3 – Monday @ 11:00-12:00            Session 4 – Monday @ 12:00-1:00            Session 5 – Monday @ 1:00-2:00            Session 6 – Monday @ 2:00-3:00            Session 7 – Tuesday @ 10:00-11:00            Session 8 – Tuesday @ 11:00-12:00            Session 9 – Tuesday @ 12:00-1:00            Session 10 – Tuesday @ 1:00-2:00            Session 11 – Tuesday @ 2:00-3:00            Session 12 – Wednesday @ 9:00-10:00            Session 13 – Wednesday @ 10:00-11:00            Session 14 – Wednesday @ 11:00-12:00            Session 15 – Wednesday @ 12:00-1:00            Session 16 – Wednesday @ 1:00-2:00            Session 17 – Wednesday @ 2:00-3:00            Session 18 – Thursday @ 10:00-11:00            Session 19 – Thursday @ 11:00-12:00            Session 20 – Thursday @ 12:00-1:00            Session 21 – Thursday @ 1:00-2:00            Session 22 – Thursday @ 2:00-3:00            Session 23 – Friday @ 9:00-10:00            Session 24 – Friday @ 10:00-11:00            Session 25 – Friday @ 11:00-12:00            Session 26 – Friday @ 12:00-1:00</p>



		Session 27 – Friday @ 1:00-2:00 Session 28 – Friday @ 2:00-3:00
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## FES Volunteer Opportunities Summer 2025

Program	Description	Session Times
<p><b>FES</b></p> <p>June 16 – August 29</p>	<p>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.</p> <p><b>*Completion of an online FES training course (45-60 min) is required for this volunteer placement*</b></p> <p><b>*Please note program not active on July 1 or August 4*</b></p>	<p>Session 1 – Monday @ 9:00-10:00            Session 2 – Monday @ 10:00-11:00            Session 3 – Monday @ 11:00-12:00            Session 4 – Monday @ 12:00-1:00            Session 5 – Monday @ 1:00-2:00            Session 6 – Monday @ 2:00-3:00            Session 7 – Tuesday @ 10:00-11:00            Session 8 – Tuesday @ 11:00-12:00            Session 9 – Tuesday @ 12:00-1:00            Session 10 – Tuesday @ 1:00-2:00            Session 11 – Tuesday @ 2:00-3:00            Session 12 – Wednesday @ 9:00-10:00            Session 13 – Wednesday @ 10:00-11:00            Session 14 – Wednesday @ 11:00-12:00            Session 15 – Wednesday @ 12:00-1:00            Session 16 – Wednesday @ 1:00-2:00            Session 17 – Wednesday @ 2:00-3:00            Session 18 – Thursday @ 10:00-11:00            Session 19 – Thursday @ 11:00-12:00            Session 20 – Thursday @ 12:00-1:00            Session 21 – Thursday @ 1:00-2:00            Session 22 – Thursday @ 2:00-3:00            Session 23 – Friday @ 9:00-10:00            Session 24 – Friday @ 10:00-11:00            Session 25 – Friday @ 11:00-12:00            Session 26 – Friday @ 12:00-1:00            Session 27 – Friday @ 1:00-2:00</p>

		Session 28 – Friday @ 2:00-3:00
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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](mailto: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.