Adult Volunteer Opportunities Winter 2027

Program	Volunteer Role	Session Times
Adult PALS (Physical Activity Led by Student) January 18 – April 9	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 not active on February 15-19, March 26, and March 29***	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 @ 1:00-12:00 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 January 22 – April 9	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 not active on February 19 and March 26***	Session 1 – Friday @ 12:00-1:00
Sit to Be Fit January 18 – April 8	Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises. ***Please note program not active on February 15, February 16, February 18, and March 29***	Session 1 – Monday @ 10:00-11:00 Session 2 – Tuesday @ 10:00-11:00 Session 3 – Thursday @ 10:00-11:00
Circuit Training January 18 – April 8	Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises. ***Please note program not active on February 15, February 16, February 18, and March 29***	Session 1 – Monday @ 11:30-12:30 Session 2 – Tuesday @ 11:30-12:30 Session 3 – Thursday @ 11:30-12:30

Athlete Volunteer Opportunities Winter 2027

Program	Volunteer Role	Session Times
Athlete in Training (Learn to Train) January 20 – April 9	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 not active on February 17 and February 19***	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
High Performance Para Development (Learn to Compete) January 18 – April 7	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 not active on February 15, February 17, and March 29***	Session 1 – Monday @ 4:30-6:30 PM Session 2 – Wednesday @ 4:30-6:30 PM
Steadward Bears Para Swim January 19 – April 10	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. ***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*** ***Please note program not active on February 16, February 18-20, and March 26-27***	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 – Friday @ 4:00-5:00 PM Session 5 – Saturday @ 9:00-10:00 AM

Program	Volunteer Role	Session Times
Steadward Bears Para Athletics January 6 – March 24	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 that we are not accepting new applications for Para Athletics***	

Free2BMe Volunteer Opportunities Winter 2027

Program	Volunteer Role	Session Times
Free2BMe Movement PALS (ages 4-12) (Physical Activity Led by Students) January 18 – April 8	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 February 15-18 and March 29***	Session 1– Monday @ 4:45-5:30 Session 2– Tuesday @ 4:45-5:30 Session 3 – Wednesday @ 4:45-5:30 Session 4 – Thursday @ 4:45-5:30 Session 5 – Thursday @ 5:45-6:30
Free2BMe Fitness PALS (ages 12-19) (Physical Activity Led by Students) January 18 – April 6	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 February 15 and March 29***	Session 1 – Monday @ 5:45-6:40 Session 2 – Tuesday @ 5:45-6:40
Teen Fitness Fun (ages 12-19) January 21 – April 8	Support teens to workout in a fun, social atmosphere. Participants will discover different ways to keep fit, work on exercise technique and fitness knowledge while training in a supportive environment. ***Please note program not active on February 16 and February 18***	Session 1 – Tuesday @ 6:30-8:00 Session 2 – Thursday @ 6:30-8:00
Choose Your Own Adventure (ages 7-12) January 20 – April 7	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 February 17***	Session 1 – Wednesday @ 5:45-6:40

FES Volunteer Opportunities Winter 2027

Program	Description	Session Times
FES January 11 – April 9	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 February 15-19, March 26, and March 29***	Session 1 – Monday @ 10:00-11:00 Session 2 – Monday @ 11:00-12:00 Session 3 – Monday @ 12:00-1:00 Session 4 – Tuesday @ 9:00-10:00 Session 5– Tuesday @ 10:00-11:00 Session 6 – Tuesday @ 11:00-12:00 Session 7 – Tuesday @ 12:00-1:00 Session 8 – Tuesday @ 1:00-2:00 Session 9 – Tuesday @ 2:00-3:00 Session 10– Wednesday @ 10:00-11:00 Session 11 – Wednesday @ 11:00-12:00 Session 12 – Wednesday @ 12:00-1:00 Session 13 – Thursday @ 9:00-10:00 Session 14 – Thursday @ 10:00-11:00 Session 15 – Thursday @ 11:00-12:00 Session 16 – Thursday @ 12:00-1:00 Session 17 – Thursday @ 1:00-2:00 Session 18 – Thursday @ 2:00-3:00 Session 19 – Friday @ 11:00-1200

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 780-492-8339. 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.

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