

TSC Program Options – Fall 2021

Adult Fitness and Recreation (Memberships)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
AFR Adapted Fitness Facility Access (Term)	August 30 – December 17, 2021	Monday- Friday (MWF 8:00AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124		Membership
AFR Subsidized Adapted Fitness Facility Access (Term)	August 30 – December 17, 2021	Monday- Friday (MWF 8:00AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93	To qualify for this rate, you must currently be on AISH or have an annual income of \$22 000 or <	Membership
Active Passive Trainer (APT)	August 30 – December 17, 2021	Monday, Wednesday, Friday (11:00 AM-2:00 PM)	\$50	APT only	Membership
AFR Bridging	(August 30- September 17, December 6-17), 2021	Monday- Friday (MWF 8:00AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$25	Only the specific dates listed	Membership

Descriptions

AFR Adapted Fitness Facility Access (Term) - The Adapted Fitness Facility access provides participants with access to our specialized fitness facility with setup support available from floor monitors. This option offers limited support for those looking to workout independently within our facility. For individual exercise support including cueing, transport between pieces of equipment and stretching please see our instructional programming options or make arrangements to provide your own support.

AFR Subsidized Adapted Fitness Facility Access (Term) - This is the same as the AFR Adapted Fitness Facility Access (Term) but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

Active Passive Trainer (APT) - This is now a membership that gives you access to only the APT machines. Please note that if you need to utilize other equipment in our facility as part of Access, you will require an Adapted Fitness Facility Access (Term) registration.

AFR Bridging - This membership allows you to utilize our gym during the dates some of our regular programming does not run.

Adult Fitness and Recreation (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Sit to be Fit	September 21 – December 2, 2021	Tuesday 10:15-11:15 AM	\$40		13274
		Thursday 10:15-11:15 AM	\$40		13275
Circuit Training	September 21 – December 2, 2021	Tuesday 11:30 AM-12:30 PM	\$40		13279
		Thursday 11:30 AM-12:30 PM	\$40		13282
Balancing Your Body	September 24 – December 3, 2021	Friday 11:00 AM-12:00 PM	\$40		13284

Descriptions

Sit to be Fit - A 55 minute seated aerobics style class using body weight exercises as well as light free weights and resistance bands led by an APA instructor. The class provides instruction for strength, cardio and range of motion exercises.

Circuit Training - Take your workout to the next level! Rotate through a series of freeweight exercises in this 55 minute circuit workout. Participants are required to transition between stations and complete the exercises independently.

Balancing Your Body - This 55 minute class will focus primarily on improving balance and falls training. Participants will go through a series of exercises and drills each week to improve balance and increase confidence around falls and potential injuries from falls.

Adult Fitness and Recreation (1:1 Options)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
1:1 AFR Returning Participant - 10 Sessions	September 20 – December 3, 2021	variable	\$325	You must verify a spot first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
1:1 AFR New Participant - 10 Sessions	September 20 – December 3, 2021	variable	\$375.50	You must verify a spot first with a TSC staff member	1:1 AFR New Participant - 10 Sessions
PALS (Physical Activity Led by Student)	September 20 – December 6, 2021	(see next table)	\$150		(see next table)
TSC AFR Fitness Assessment	variable	variable	\$76.50	3 visits total	TSC AFR Fitness Assessment
TSC AFR Program Revitalization	variable	variable	\$61	2 visits total	TSC AFR Program Revitalization

PALS Options

Day & Time	Identifier (Registration)
Monday 2:15-3:15 PM *	13263
Tuesday 9:30-10:30 AM	13268
Tuesday 10:45-11:45 AM	13267
Tuesday 1:15-2:15 PM *	13264
Wednesday 1:00-2:00 PM	13268
Wednesday 2:15-3:15 PM	13269
Thursday 9:30-10:30 AM	13270
Thursday 10:45-11:45 AM	13271
Thursday 1:00-2:00 PM	13272
Thursday 2:15-3:15 PM	13273
Friday 2:15-3:15 PM *	13265

* denotes volunteer running session is a student doing so as part of a KIN 472 lab session

Descriptions

1:1 AFR Returning Participant, 10 Sessions - Ten 55 minute individualized fitness sessions with one of our Adapted Physical Activity consultants, to be completed over an 11-week time period. Consultants will guide you through your personalized exercise prescription based on your fitness assessment and personal fitness and physical activity goals each week. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

1:1 AFR New Participant - 10 Sessions – Ten 55 minute individualized fitness sessions with one of our Adapted Physical Activity consultants, to be completed over an 11-week time period. Consultants will guide you through your personalized exercise prescription based on your fitness assessment and personal fitness and physical activity goals each week. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability. All participants new to 1:1 training at TSC require a fitness assessment.

PALS (Physical Activity Led by Student) - With this package you will get up ten 55-minute fitness sessions with a student who is under the supervision of one of our APA Consultants. These structured sessions will help you achieve your fitness goals while enjoying the company of your PAL. Please note that if you are new to the PALS program a preliminary fitness assessment is required. Subject to student availability.

TSC AFR Fitness Assessment - A 90 minute individualized adapted fitness assessment to gather baseline fitness measurements and design a program for your current fitness goals. This package also includes two 55-minute introductory fitness sessions familiarizing participants with their fitness program and the facility.

TSC AFR Program Revitalization - If you have been doing the same program for a while and feel you need a refresh, a consultant can design and walk you through a brand new program in our gym. This package includes two 55-minute sessions.

Athlete Development for Paraspport (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Athletes in Training	September 21 – December 2, 2021	Tuesday 4:30 – 6:00 PM	\$153 1 day		13304
		Thursday 4:30 – 6:00 PM	\$306 2 day		13305
Performance Para Development	September 21 – December 2, 2021	Tuesday 4:30 – 6:00 PM	\$153 1 day		13306
		Thursday 6:00 – 7:30 PM	\$306 2 day		13307

Descriptions

Athletes in Training - This program is geared towards athletes experiencing disabilities ages 12+ who want to increase their training level to challenge themselves, improve performance in recreational sport, or who have the goal of high-level competition. Focusing on physical conditioning – muscular strength and power as well as skill development - in a fun, educational group environment. Athletes train in a group setting, but each receives an individualized program focusing on specific areas of strength and areas of improvement.

Performance Para Development – This program is designed for athletes experiencing disabilities competing in parasport at a provincial, junior national, or national level. Athletes in this program have been identified by their sports organization as an emerging athlete and train 1 - 2 times per week. Training sessions focus on building muscular strength, power, endurance, and flexibility specific to the demands of each sport and the unique abilities of each athlete.

FES (Functional Electrical Stimulation)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
FES M/W/F	August 30 – December 17, 2021	variable	\$374.90	You must verify a spot first with a TSC staff member	13286
FES M/W/F Subsidized	August 30 – December 17, 2021	variable	\$280.60	You must verify a spot first with a TSC staff member To qualify for this rate, you must currently be on AISH or have an annual income of \$22 000 or <	13287
FES Tues/Thur	August 31 – December 16, 2021	variable	\$252.65	You must verify a spot first with a TSC staff member	13288
FES Tues/Thur Subsidized	August 31– December 16, 2021	variable	\$189.10	You must verify a spot first with a TSC staff member To qualify for this rate, you must currently be on AISH or have an annual income of \$22 000 or <	13289

FES Assessment, Program Design, & Implementation	variable	variable	\$152.50	For individuals intending to do FES at The Steadward Centre Typically 1-2 follow-up sessions	FES Assessment, Program Design, & Implementation
FES Program Revitalization	variable	variable	\$61	2 visits total	FES Program Revitalization

Descriptions

FES M/W/F - Functional Electrical Stimulation (FES) is a modality that uses electrical current applied to paralyzed or weakened muscles via electrodes placed on the skin. We offer FES arm cycling, leg cycling and arm/leg on a recumbent elliptical. All new participants require an FES assessment prior to registering for the program. This offering registers you for every Monday, Wednesday, and Friday at the same consistent time. When registering, please confirm a time slot first with a TSC staff member.

FES M/W/F Subsidized - This is the same as the FES M/W/F but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

FES Tues/Thur - Functional Electrical Stimulation (FES) is a modality that uses electrical current applied to paralyzed or weakened muscles via electrodes placed on the skin. We offer FES arm cycling, leg cycling and arm/leg on a recumbent elliptical. All new participants require an FES assessment prior to registering for the program. This offering registers you for every Tuesday and Thursday at the same consistent time. When registering, please confirm a time slot first with a TSC staff member.

FES Tues/Thur Subsidized - This is the same as the FES Tues/Thur but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

FES Assessment, Program Design, & Implementation - Are you new to the program? Consultants will create an individualized program, performance muscle testing (up to 2 hours) and provide follow-up as needed over 1-2 sessions of 55 minutes each

FES Program Revitalization - If you have been doing the same program for a while and feel you need a refresh, a consultant can make adjustments to your current FES program. Consists of two 55-minute sessions.

Free2BMe (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
River Valley Adventure	September 22 – December 1, 2021	Wednesday 5:30-7:00 PM	\$125		13290
Teen Fitness Fun	September 23 – December 2, 2021	Thursday 6:30-8:00 PM	\$125		13303

Descriptions

River Valley Adventure - Come out to explore Edmonton's River Valley and Parks while the weather is nice, then move indoors to play a range of sports! This program will start outdoors, rain or shine, to explore the university area. Once the days get shorter and we lose the light we'll start playing sports inside! Please note the program runs from 5:30-7:00 but drop-off time will be 5:15-5:30 and pick-ups must arrive by 6:45. The location for drop-off and pick-up will be announced prior to the program beginning. Age range for program is 8-14 years old.

Teen Fitness Fun – Join us for one of the most popular programs The Steadward Centre has to offer! Come out and exercise in a fun, social atmosphere and discover different ways to keep fit and develop your technique and fitness knowledge while working out. Age range for program is 13-25 years old.

Free2BMe (1:1 Options)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Free2Achieve 1:1 - 10 Sessions	September 20 – December 3, 2021	variable	\$150	You must verify a spot first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
Free2BMe 1:1 - 10 Sessions	September 20 – December 3, 2021	variable	\$200	You must verify a spot first with a TSC staff member	1:1 AFR New Participant - 10 Sessions
Free2Achieve PALS (Physical Activity Led by Student)	September 20 – December 6, 2021	(see next table)	\$75		(see next table)
Fitness PALS (Physical Activity Led by Student)	September 20 – December 6, 2021	(see next table)	\$100		(see next table)

Free2Achieve PALS Options

Day & Time	Identifier (Registration)
Tuesday 4:00-4:45 PM	13291
Tuesday 5:00-5:45 PM	13292
Thursday 4:00-4:45 PM	13293
Thursday 5:00-5:45 PM	13295

Fitness PALS Options

Day & Time	Identifier (Registration)
Monday 3:30-4:30 PM	13297
Monday 4:45-5:45 PM	13298
Wednesday 3:30-4:30 PM	13299
Wednesday 4:45-5:45 PM	13300
Friday 3:30-4:30 PM	13301
Friday 4:45-5:45 PM	13302

Descriptions

Free2Achieve 1:1, 10 Sessions - Work with a Free2BMe consultant to achieve your motor skill goals, whatever they may be! Come enhance your physical literacy through individualized sessions that both challenge and build your confidence and competence. Up to ten-45 minute sessions to be completed over an 11 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2BMe 1:1 - 10 Sessions – Work with a Free2BMe consultant to achieve your fitness goals, whatever they may be! Come enhance your physical literacy through individualized sessions that both challenge and build your confidence and competence. Up to ten-55 minute sessions to be completed over an 11-week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2Achieve PALS (Physical Activity Led by Student) - Free2Achieve offers a fun and engaging one-on-one session with a senior level University student. During this session, you will work on motor skill development and physical literacy aimed towards achieving your personal sport and physical activity goals. Please select a 45-minute time slot on one day when registering for this program.

Fitness PALS (Physical Activity Led by Student) - Come work one-on-one with a senior level University student to achieve your personal fitness goals in a fun and engaging workout session. Together, you will work through a physical activity program hand-crafted just for you by one of our Free2BMe consultants. Please select a 60-minute time slot on one day when registering for this program.