

# Volunteer Opportunities Winter 2024 (Adult Fitness & Recreation)

Program	Volunteer Role	Session Times
<b>PALS (Physical Activity Led by Student)</b>  January 15 – April 8	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 is not active on the week of February 19-23 or March 29 or April 1*</b>	Session 1 – Monday @ 10:45-11:45 Session 2 – Monday @ 1:00-2:00 Session 3 – Tuesday @ 10:45-11:40 Session 4 – Wednesday @ 9:30-10:30 Session 5 – Wednesday @ 10:45-11:45 Session 6 – Wednesday @ 1:00-2:00 Session 7 – Thursday @ 9:30-10:30 Session 8 – Thursday @ 10:45-11:45 Session 9 – Thursday @ 1:00-2:00 Session 10 – Friday @ 9:30-10:25 Session 11 – Friday @ 10:45-11:45 Session 12 – Friday @ 1:00-2:00
<b>Fall Prevention</b>  January 19 – April 5	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.  <b>*Please note program is not active on the week of February 19-23 or March 29*</b>	Session 1 – Friday @ 1:15-2:15
<b>Fitness Fun</b>  January 19 – April 5	Support participants with trying out new gym exercises. In this new offering, a new theme is explored each week and they will be given lots of different exercises to try out. One week might be core, the next week might be static exercises, the week after that balance. Volunteers will have the opportunity to lead, plan and adapt exercises.  <b>*Please note program is not active on the week of February 19-23 or March 29*</b>	Session 1 – Friday @ 12:00-1:00



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<b>Circuit Training</b>  January 16 – April 4	Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises.  <b>*Please note program is not active on the week of February 19-23*</b>	Session 1 – Tuesday @ 11:30-12:30 Session 2 – Thursday @ 11:30-12:30
<b>Sit to Be Fit</b>  January 16 – April 4	Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises.  <b>*Please note program is not active on the week of February 19-23*</b>	Session 1 – Tuesday @ 10:15-11:15 Session 2 – Thursday @ 10:15-11:15

# Volunteer Opportunities Winter 2024 (Athlete Development)

Program	Volunteer Role	Session Times
<b>Athlete in Training</b>  January 16 – April 4	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 is not active on the week of February 19-23*</b>	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
<b>Performance Para Development</b>  January 16 – April 4	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 is not active on the week of February 19-23*</b>	Session 1 – Tuesday @ 6:00-7:30 PM Session 2 – Thursday @ 6:00-7:30 PM
<b>Steadward Bears Para Swim Team</b>  January 16 – April 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 Head Coach.  <b>*Must be competent at swimming as a pre-requisite*</b>  <b>*Please note program will not run during the week of February 19-23*</b>	Session 1 – Tuesday @ 7:00-8:00 PM Session 2 – Tuesday @ 8:00-9:00 PM Session 3 – Thursday @ 7:00-8:00 PM Session 4 – Thursday @ 8:00-9:00 PM



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<b>Steadward Bears Para Athletics Team</b>  January 2 – April 5	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.  <b>*Please note program will not run during the week of February 19-23*</b>  <b>*Please note that location and times for the opportunity are variable and may change for week-to-week*</b>	Session 1 – Wednesday (times variable) Session 2 – Friday (times variable)  *contact <a href="mailto:tscparatrack@ualberta.ca">tscparatrack@ualberta.ca</a> prior to submitting your volunteer application to confirm a spot in this program.

# Volunteer Opportunities Winter 2024 (FES)

Program	Description	Session Times
<b>FES</b>  January 8 – April 8	<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 is not active on the week of February 19, March 29 or April 1*</b></p> <p><b>*Please note the program is active on the week of February 20-23. Attendance is optional during Reading Week*</b></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 Session 28 – Friday @ 2:00-3:00

# Volunteer Opportunities Winter 2024 (Free2BMe)

Program	Volunteer Role	Session Times
<b>Free2BMe PALS (45 minutes)</b> <b>(ages 4-12)</b> <b>(Physical Activity Led by Students)</b>  January 15 – 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.  <b>*Please note program is not active on the week of February 19-23 or April 1*</b>	Session 1 – Monday @ 4:00-4:45 Session 2 – Wednesday @ 4:00-4:45 Session 3 – Wednesday @ 5:00-5:45
<b>Free2BMe PALS (60 minutes)</b> <b>(ages 12-19)</b> <b>(Physical Activity Led by Students)</b>  January 15 – April 8	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.  <b>*Please note program is not active on the week of February 19-23 or April 1*</b>	Session 1 – Monday @ 5:00-6:00 Session 2 – Wednesday @ 5:00-6:00
<b>Activity Sampler (ages 7-12)</b>  January 17 – April 3	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.  <b>*Please note program is not active on February 21*</b>	Session 1 – Wednesday @ 6:00-7:00
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<b>Teen Fitness Fun (ages 12-19)</b>  January 18 – April 4	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.  <b>*Please note program is not active on February 22*</b>	Session 1 – Thursday @ 6:30-8:00
<b>1:1 Training Sessions (ages 4-19)</b>  January 15 – April 8	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.  <b>*Please note program is not active on the week of February 19-23 or March 29 or April 1*</b>	Session times are variable. Please give as wide of a time range as possible days and times) when submitting your application.

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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.