



STEADWARD
BEARS
UNIVERSITY OF ALBERTA

Fee Structure 2021 - 2022

The training year is covered as September through to August. Athletes will be invited to a registration evening on the first Tuesday following the Labor Day Long Weekend, where they will receive a tentative calendar outlining training for the season.

Para-swimming Programming

The Steadward Bears offers coaching & programming from grassroots to high performance sport. Para-athletes may choose to participate in the Development or Performance Group as best fits their personal para-athletics goals. Training will be held in the West and East Pool in the Van Vliet Complex.

Development 1 day:

In this group athletes train 1 day per week in the pool. Training will focus on a combination of event specific training and general fitness.

Swim Alberta Fee: \$41 Please note: The Swim Alberta fee is paid once per year.

Course ID	Date	Cost
	Full Year (September – April)	\$360
	Spring (May – July)	\$150

Development 2 day:

In this group athletes train 2 days per week in the pool. A comprehensive training plan including event specific training and general fitness will be developed for each individual athlete.

Swim Alberta Fee: \$41 Please note: The Swim Alberta fee is paid once per year.

Course ID	Date	Cost
	Full Year (September – April)	\$720
	Spring (May – July)	\$300



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Performance:

In this group athletes train up to 3 days per week. A comprehensive training plan will be developed for each individual athlete.

Swim Alberta Fee: \$266 Please note: The Swim Alberta fee is paid once per year.

Course ID	Date	Cost
	Full Year (September – April)	\$1080
	Spring (May – July)	\$450

Cross Training

Are you a parasport athlete looking to increase your speed or endurance in order to improve your athletic performance or general fitness? Join us at any time of the year for a customized program!

Email tscpswim@ualberta.ca for available times and to book.	10 x 90 minute sessions	\$150
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Remote Coaching

Looking to train for Para-swimming, but no coach available in your community? This remote program is for you! Includes a comprehensive event specific training plan, frequent email feedback, and 30 minute update phone calls to ensure we stay up to date with your progress (call occurs at your request). When visiting Edmonton you may drop by practice and train with the team (up to 6 practices).

Course ID	Date	Cost
	Full Year	\$765