

TSC Program Options - Spring/Summer 2022

Adult Fitness and Recreation (Memberships)

Program	Dates	Days & Times	Cost	Notes	Identifier (registration)
AFR Adapted Fitness Facility Access (Term)	May 2 – September 2, 2022	Monday- Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124		Membership
AFR Subsidized Adapted Fitness Facility Access (Term)	May 2 – September 2, 2022	Monday- Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93	For AISH or annual income of \$22 000 or <	Membership
Active Passive Trainer (APT)	May 2 – September 2, 2022	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	APT only	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.

Adult Fitness and Recreation (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Sit to be Fit	May 3 – September 1, 2022	Tuesday 10:15-11:15 AM	\$72		14514
		Thursday 10:15-11:15 AM	\$72		14515
Circuit Training	May 3 – September 1, 2022	Tuesday 11:30 AM-12:30 PM	\$72		14516
		Thursday 11:30 AM-12:30 PM	\$72		14517
Adapted Cardio Jam (virtual)	May 6 – June 17, 2022	Friday 9:30 AM-10:30 PM	\$28		14518
Mind & Body	May 6 – June 17, 2022	Friday 11:00 AM-12:00 PM	\$28		14519

Descriptions

Sit to be Fit - A 60 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 free weight exercises in this 60 minute circuit workout. Participants are required to transition between stations and complete the exercises independently.

Adapted Cardio Jam (virtual) - Party like a rockstar while you create your own beat using your body and other available items. This class will get your heart pumping and your soul grooving! Please note this class is offered remotely from the comfort of your own home.

Mind & Body - Have you ever wanted to learn more about your mind and body? This class will introduce you to the basics of exercises similar to yoga. You will have the chance to try out a variety of poses and movements throughout the class. During the class, the instructor will modify poses, as desired, for you.

Adult Fitness and Recreation (1:1 Options)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
1:1 AFR Returning Participant - 10 Sessions	May 2 – July 15, 2022	variable	\$325	Verify a spot first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
1:1 AFR New Participant - 10 Sessions	May 2 – July 15, 2022	variable	\$375.50	Verify a spot first with a TSC staff member	1:1 AFR New Participant - 10 Sessions
Adult PALS (Physical Activity Led by Student)	May 2 – June 13, 2022	(see next table)	\$90		(see next table)
TSC AFR Fitness Assessment	Variable	variable	\$77	3 visits total	TSC AFR Fitness Assessment
TSC AFR Program Revitalization	Variable	variable	\$61	2 visits total	TSC AFR Program Revitalization

Adult PALS Options

Day & Time	Identifier (Registration)
Monday 10:45-11:45 AM	14548
Monday 1:00-2:00 PM	14505
Tuesday 10:45-11:45 AM	14506
Tuesday 1:00-2:00 PM	14507
Wednesday 10:45-11:45 AM	14508
Wednesday 1:00-2:00 PM	14509
Thursday 10:45-11:45 AM	14510
Thursday 1:00-2:00 PM	14511
Friday 10:45-11:45 AM	14512
Friday 1:00-2:00 PM	14513

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.

Adult PALS (Physical Activity Led by Student) - With this package you will get up to six 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 Para Sport (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Athletes in Training	May 3 – June 23, 2022	Tuesday 4:30 – 6:00 PM	\$102		14536
		Thursday 4:30 – 6:00 PM	\$102		14538
Performance Para Development	May 3 – June 23, 2022	Tuesday 6:00 – 7:30 PM	\$102		14539
		Thursday 6:00 – 7:30 PM	\$102		14540
Para Swimming Development	May 3 – June 23, 2022	Tuesday 7:00 – 8:00 PM	\$120		14541
		Tuesday 8:00 – 9:00 PM	\$120		14542
		Thursday 7:00 – 8:00 PM	\$120		14543
		Thursday 8:00 – 9:00 PM	\$120		14544
Para Swimming Performance	May 3 – June 23, 2022	Tuesday & Thursday 7:00-8:30 PM, Friday 4:00-5:00 PM	\$360		14547

Descriptions

Athletes in Training - This program is geared towards athletes experiencing disability 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 disability competing in parasport at a provincial, junior national, or national level. Athletes in this program have been identified by their sport 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.

Para Swimming – The Steadward Bears Para Swimming Team engages athletes experiencing disability to develop competitive swimming skills. With the support of qualified coaches and Adapted Physical Activity Consultants, and with the support of the University of Alberta varsity swim team, this program will develop individualized programs that focus on stroke-specific skills for athletes ages 12+. The Steadward Bears supports athletes who are new to the sport of swimming as well as with aspirations to compete at provincial and national levels. We ask that individuals are able to swim 25m independently before joining the program. The Steadward Bears Para Swimming Team is inclusive of all individuals experiencing disability interested in developing competitive swimming skills. Integrated competitive opportunities are available for those interested.

FES (Functional Electrical Stimulation)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
FES M/W/F	May 2 – September 2, 2022	Variable	\$415.65	Verify a spot first with a TSC staff member	14489
FES M/W/F Subsidized	May 2 – September 2, 2022	Variable	\$311.10	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	14490
FES Tues/Thur	May 3 – September 1, 2022	Variable	\$293.40	Verify a spot first with a TSC staff member	14491
FES Tues/Thur Subsidized	May 3 – September 1, 2022	Variable	\$219.60	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	14492
*** All of the above FES options include Access to all fitness equipment in the TSC main gym space***					

FES Assessment, Program Design, & Implementation	variable	variable	\$153	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 and leg cycling. 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. Each time slot is 60 minutes long, including set-up and take-down time (the program itself is typically 30-35 minutes of FES exercise). 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 and leg cycling. 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. Each time slot is 60 minutes long, including set-up and take-down time (the program itself is typically 30-35 minutes of FES exercise). 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	May 4 – June 15, 2022	Wednesday 5:30-7:00 PM	\$87.50	Ages 8-14	14526
Teen Fitness Fun	May 5 – June 16, 2022	Thursday 6:30-8:00 PM	\$87.50	Ages 12-19	14527
Cycle Challenge	May 4 – June 15, 2022	Wednesday 5:00-6:00 PM	\$87.50	Ages 4-12	14533
		Wednesday 6:30-7:30 PM	\$87.50	Ages 4-12	14535
Cycle Adventure	May 3 – June 14, 2022	Tuesday 6:00-8:00 PM	\$105	Ages 12-19	14532

Descriptions

River Valley Adventure – Come out to explore Edmonton’s River Valley and Parks while the weather is nice! This program will take place outdoors, rain or shine, to explore the university area. 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.

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.

Cycle Challenge – Leave the training wheels behind! Come learn how to ride your bike and gain the confidence and techniques you need to ride independently. One on one support, play-based instruction and small attainable goals will help you feel comfortable and confident on two wheels. All types of bicycles are welcome. This program will run rain or shine!

Cycle Adventure – Cycle Adventure is back! This program is designed for the cyclist looking to develop their cycling skills. Build your cycling skills and endurance by riding on trails throughout the University of Alberta and surrounding areas. Learn how to use your gears, share trails and roads with other users, all whilst exploring Edmonton’s beautiful river valley. Participants must be confident and proficient in cycling in order to participate. All types of bicycles are welcome. This program will run rain or shine!

Free2BMe (1:1 Options)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Free2Achieve 1:1 - 6Sessions	May 2 – June 17, 2022	variable	\$90	You must verify a spot first with a TSC staff member Ages 4-12	1:1 Free2Achieve Returning Participant - 6 Sessions
Free2BMe 1:1 - 6 Sessions	May 2 – June 17 2022	variable	\$120	You must verify a spot first with a TSC staff member Ages 13-19	1:1 Free2BMe Returning Participant – 6 Sessions
Free2Achieve PALS (Physical Activity Led by Student)	May 3 – June 9, 2022	(see next table)	\$75	Ages 4-12	(see next table)
Fitness PALS (Physical Activity Led by Student)	May 2 – June 5, 2022	(see next table)	\$100	Ages 13-19	(see next table)

Free2Achieve PALS Options

Day & Time	Identifier (Registration)
Tuesday 4:00-4:45 PM	14522
Tuesday 5:00-5:45 PM	14523
Thursday 4:00-4:45 PM	14524
Thursday 5:00-5:45 PM	14525

Fitness PALS Options

Day & Time	Identifier (Registration)
Monday 4:00-5:00 PM	14520
Monday 5:15-6:15 PM	14521

Descriptions

Free2Achieve 1:1, 6 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 six-45 minute sessions to be completed over a 7 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2BMe 1:1 - 6 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 six-60 minute sessions to be completed over a 7-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.

Parking Passes

Product name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Parking Pass	May 2 – September 2, 2022	variable	\$90	<p>This pass is valid for all days of the week for the allotted date range</p> <p>Please note that purchase of this pass is a final sale and no credits or refunds will be issued</p>	TSC Term Parking Pass
TSC Day Parking Pass	May 2 – September 2, 2022	variable	\$61	<p>This pass is valid for a chosen single day of the week (ie Monday) and will be valid for each recurring day chosen for the allotted date range</p> <p>Please note that purchase of this pass is a final sale and no credits or refunds will be issued</p>	TSC Day Parking Pass