

TSC Member Update: New COVID-19 Provincial Restrictions
November 25, 2020

In light of the new COVID-19 restrictions, I wanted to provide some information about how this will impact The Steadward Centre for the rest of the fall term.

With our current COVID-19 protocols in place, The Steadward Centre will continue to deliver the following programs in person, as scheduled:

- FES
- Access memberships
- 1:1 training sessions for Adult Fitness and Recreation
- 1:1 training sessions for Free2BMe

We want to thank you for helping us to maintain a safe activity space. We also want to say thank you in advance for continuing to follow the COVID-19 protocols in place. Remember, if you are feeling unwell, please stay home.

With the restrictions impacting all levels of sport, The Steadward Centre will continue to deliver the following programs remotely, using a virtual platform:

- Para-swimming for dry land training and activation
- Para-athletics
- Athlete-in-Training

We will move forward with Winter program Early Registration from November 23rd-December 4th and Regular Registration on December 7th as scheduled. If there are any additional COVID-19 restrictions introduced, we will adjust the January starting dates accordingly.

We know this has been a very stressful and unpredictable year. We are pleased to be able to remain open to provide you with access to physical activity programming to support your health and well-being. For those registered in programs that have moved online, we hope that you are able to stay active and connected as our coaches deliver programming to your living rooms. If you have questions or concerns, please send us an email at infotsc@ualberta.ca or leave a voicemail at (780) 492-3182.

Thank you for your support these past months. I feel incredibly grateful to be part of The Steadward Centre community.

Take care,



Jen Leo, PhD
Director