



THE STEADWARD CENTRE
UNIVERSITY OF ALBERTA

TSC Connect (The Re-launch Edition)

We hope you are all doing well and that you are able to enjoy some of this beautiful summer weather! We want to thank you for your patience over these past weeks and months as we have worked hard to sort out the details for a safe Return to Activity.

[Visit our Website](#)

TSC Return to Activity- August 17, 2020



We're ready!

Today, we are thrilled to announce that we will begin our phased re-opening on **August 17th, 2020!**

To help us ensure that we provide a safe place for activity, we will begin our return to activity with Adult Fitness and Recreation programs by offering FES & 1:1 sessions.

For those of you who are interested in FES and 1:1 adult programs, you are probably wondering, that's great, what's my next step? What do I need to do to register? When do I start? What will it be like at TSC when I arrive for my program? Please see below for details about registration and our COVID-19 safety measures.

For those of you who will not be registering in FES or 1:1 adult programs (this includes our Free2BMe families, Access & Group Program participants, Athlete Development participants), we understand you may feel disappointed. Please know that this does not mean that your program will not be re-opening. It just means that we are going to re-open in stages to make sure our new processes will work to keep everyone safe.

Nature Immersion Program

Beginning the week of August 17th, we are offering a weekly outdoor walking and wheeling group. Led by a TSC instructor on Wednesdays from 12 to 1pm, this is a



great program option for those who are looking to re-connect with our Steadward Centre community! All TSC members welcome to register through CCR! If you have questions about this new program, please email infotsc@ualberta.ca or leave a message at (780) 492-3182.

TSC@Home- Remote Training

Just a reminder that even as we look ahead to re-opening, Lem and Jessica will continue to offer TSC@Home.

Remote training is a great option for anyone who wants to be more active now, or for anyone who is not ready to return to TSC in person.

If you are interested in 1:1 or small group training, please email Lem at tscifr@ualberta.ca or Jessica at tscparasport@ualberta.ca. They would be happy to work with you to customize a workout that you can do at home!



Registering for Fall Programs

We are pleased to share with you that we will be working with Campus and Community Recreation (at the University of Alberta) to get you registered for TSC Programs. As part of this change, we want to say thank you to Tyler Gerry for the years of service he gave to The Steadward Centre.

This change will help us to provide you with more access to registration services. We hope you enjoy the convenience of being able to register for TSC programs using the CCR website (you may have already done this!) in addition to registering over the phone and in the near future, in person!!

The folks at CCR provide excellent customer service and they are so excited to get to know you!

Steps to Register for FES & 1:1 Adult Programs

1. **Complete the Google form that fits with your program needs.** If you need

support to complete the Google form or have questions, you will receive a message at 780-492-3182 or you can email infotsc@ualberta.ca and we will get back to you

Google Form Links: 1:1 Adult Program - Google form link:

<https://forms.gle/sU2zTFpxcDbc5C8e9> FES Program- Google form link:

<https://forms.gle/6U2evnPkpeFSqmSH6>

2. **You will receive a call from a TSC staff member to confirm your time slot.** It is important that you confirm your time slot with a TSC staff member before registering.
3. **Beginning on July 31st at 12:00pm, you may register through Campus and Community Recreation.** Please phone 780-492-1000 or visit activityreg@ualberta.ca
4. **In the next week, you will receive more detailed information about what it will be like at TSC when you arrive** (e.g., details about COVID-19 protocols)

COVID-19 Guidelines

As we focus on creating a safe activity space, programs at TSC will look a little different. For example, we have set up equipment to allow for physical distancing and there will be a one-way flow of traffic through the gym space to limit contact.

We want to make sure that you have lots of time to prepare yourself or others for what it will be like when you arrive. We will share detailed information about these changes as members begin to register.



TSC Program Specific Updates

Free2BMe

A newsletter filled with information for children, youth, and families will be sent out shortly. We are planning to begin offering 1:1 programming in late September. More details to follow.

Athlete Development for Paraspport

A newsletter filled with program details and updates will be sent out next week with all things TSC Paraspport, including Athletes in Training, Para Athletics, and Para Swimming!

From our Director

We want you to know how much you mean to us! We want you to know that our staff have been working really hard to figure out the best way to re-open our programs in a way that is safe for everyone while ensuring that as many people as possible can access quality, meaningful physical activity, recreation, and paraspport programs. We have put a lot of thought into our plan and we really appreciate your



support in helping us to make it work! This is a chance for our TSC community to work together!

In the coming weeks we will continue to send out detailed information about the re-opening plans for our different program areas, along with more information about what you can expect when you arrive (for example, what will the new COVID-19 guidelines look like?). If you have questions or would like more information, please leave a message at (780) 492-7158 or email infotsc@ualberta.ca and one of us will return your call or email.

Thank you again for your support!

Jen Leo, PhD
TSC Director

Resources to Check out!

[Get in Motion](#)

[Active and
Connected](#)

[MyCOVID
disability Q](#)

[CDPP Kids resource](#)