

TSC Program Options – Winter 2023

Adult Fitness and Recreation (Memberships)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
AFR Adapted Fitness Facility Access (Term)	January 3 – April 28, 2023	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124	Feb 20 Mar 3 Apr 7 Apr 10		Membership
AFR Subsidized Adapted Fitness Facility Access (Term)	January 3 – April 28, 2023	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93	Feb 20 Mar 3 Apr 7 Apr 10	For AISH or annual income of \$22 000 or <	Membership
Active Passive Trainer (APT)	January 3 – April 28, 2023	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	Feb 20 Mar 3 Apr 7 Apr 10	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	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Sit to be Fit	January 17 – April 6, 2023	Tuesday 10:15-11:15 AM	\$49.50	Feb 21		15942
		Thursday 10:15-11:15 AM	\$49.50	Feb 23		15943
Circuit Training	January 17 – April 6, 2023	Tuesday 11:30 AM-12:30 PM	\$49.50	Feb 21		15944
		Thursday 11:30 AM-12:30 PM	\$49.50	Feb 23		15945

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.

Adult Fitness and Recreation (1:1 Options)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	January 16 – April 6, 2023	Monday 10:45-11:40 AM	\$165	Feb 20		15929
		Monday 1:00-1:55 PM	\$165	Feb 20		15930
		Tuesday 9:30-10:25 AM	\$165	Feb 21		15931
		Tuesday 10:45-11:40 AM	\$165	Feb 21		15932
		Tuesday 1:15-2:10 PM	\$165	Feb 21		15933
		Wednesday 10:45-11:40 AM	\$165	Feb 22		15934
		Wednesday 1:00-1:55 PM	\$165	Feb 22		15935
		Wednesday 2:15-3:10 PM	\$165	Feb 22		15936
		Thursday 9:30-10:25 AM	\$165	Feb 23		15937
		Thursday 10:45-11:40 AM	\$165	Feb 23		15938
		Thursday 1:00-1:55 PM	\$150	Feb 23 March 2		15939
		Friday 10:45-11:40 AM	\$135	Feb 24 Mar 3		15940
		Friday 2:15-3:10 PM	\$135	Feb 24 Mar 3		15941

1:1 AFR Participant - 10 Sessions	January 16 – April 6, 2023	variable	\$325	Feb 20-24 Mar 3	Verify a spot first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
TSC AFR Fitness Assessment	variable	variable	\$77	N/A	3 visits total	TSC AFR Fitness Assessment
TSC AFR Fitness Assessment (condensed)	variable	variable	\$50	N/A	1 visit total	TSC AFR Fitness Assessment (condensed)
TSC AFR Program Revitalization	variable	variable	\$61	N/A	2 visits total	TSC AFR Program Revitalization

Descriptions

Adult PALS (Physical Activity Led by Student) - With this package you will get nine, ten, or eleven 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.

1:1 AFR 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.

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 Fitness Assessment (condensed) - A 90 minute individualized adapted fitness assessment to gather baseline fitness measurements and design a program for your current fitness goals. Please note this package does not have any formal follow-ups and is best utilized with programming that will have regular follow-ups, such as 1:1 or PALS sessions

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	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Athlete in Training	January 17 – April 6, 2023	Tuesday 4:30-6:00 PM	\$153	Feb 21		15963
		Thursday 4:30-6:00 PM	\$140.25	Feb 23 Mar 2		15964
Performance Para Development	January 17 – April 6, 2023	Tuesday 6:00-7:30 PM	\$153	Feb 21		15965
		Thursday 6:00-7:30 PM	\$140.25	Feb 23 Mar 2		15966
Para Powerlifting	January 17 – April 6, 2023	Tuesday 6:00-7:30 PM	\$153	Feb 21		15967
		Thursday 6:00-7:30 PM	\$140.25	Feb 23 Mar 2		15968

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Adaptive Learn to Swim	January 18–April 5, 2023	Wednesday 4:00-5:00 PM	\$180	Feb 22		15977
Youth Pre-Competitive Para Swimming	January 16 – April 3, 2023	Monday 4:00-5:00 PM	\$180	Feb 20		15970
Para Swimming Development (pre-competitive)	January 17 – April 6, 2023	Tuesday 4:00-5:00 PM	\$180	Feb 21		15971
		Tuesday 7:00-8:00 PM	\$180	Feb 21		15972
		Tuesday 8:00-9:00 PM	\$180	Feb 21		15973
		Thursday 4:00-5:00 PM	\$180	Feb 23		15974
		Thursday 7:00-8:00 PM	\$180	Feb 23		15975
		Thursday 8:00-9:00 PM	\$180	Feb 23		15976
Para Swimming Performance (competitive)	January 3 – April 22, 2023	Tue & Thur 7:00-8:30 PM, Friday 3:30-5:00 PM, Saturday 8:30-10:00 AM	\$960			15969

Descriptions

Athlete 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. Athletes in this program will be able to train 1-2 times per week with a strength and conditioning coach. 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 Powerlifting – This program is designed for athletes experiencing disability competing in para powerlifting. Athletes in this program will be able to train 1-2 times per week with a strength and conditioning coach. Training sessions focus on building muscular strength, power, endurance, and flexibility specific to the demands of para powerlifting and the unique abilities of each athlete.

Para Athletics* – The Steadward Bears Para-Athletics Team allows you to engage in a variety of track & field activities, such as running, jumping, throwing and wheeling. You will have the opportunity to focus on one area or develop skills in multiple disciplines. With the support of qualified coaches and Adapted Physical Activity consultants, you will focus on skills related to success in track & field activities. The Steadward Bears will support you whether you are just learning the sport or have competitive sport goals in mind.

** Para Athletics is a full year program, with registration happening in September. Any athletes interested in joining para athletics throughout the rest of the year can email Coach Maegan at tscparatrack@ualberta.ca*

Para Swimming – The Steadward Bears Para Swimming Program engages athletes experiencing disability to develop competitive swimming skills. It is a fully integrated swimming program for athletes from grassroots to elite. With the support of qualified coaches, knowledgeable volunteers and Adapted Physical Activity Consultants, we develop individualized programs that focus on stroke-specific skills for athletes of all ages and are inclusive of all individuals experiencing disability. The Steadward Bears support athletes who are new to the sport of swimming as well as with aspirations to compete at provincial and national levels. We run several different programs depending on the swimmer's ability and interest, although all members of the Steadward Bears Para swimming community share a common, inclusive and welcoming community.

Steadward Bears Para Swimming Programs:

Adaptive Learn to Swim

The Steadward Bears Adaptive Learn to Swim program is designed to give individuals with disabilities an opportunity to participate in swim lessons while focusing on developing both physical and social skills that will last a lifetime. We emphasize each person's abilities and individuality, and specifically design a swim program to foster independence while providing positive recreational and educational experiences for our participants. No previous swimming experience is necessary for this program, however participants must be comfortable in the water.

Development (Pre-Competitive)

The Development group is for swimmers looking for a pre-competitive swim environment, and need to develop stronger skills, build endurance and strength. Swimmers learn the basics of competitive swimming with individualized programs and knowledgeable coaches and volunteers. This is a great program for swimmers who are looking to continue onto the competitive team as well as those who are just looking for a great way to exercise and be a part of an inclusive community. We ask that swimmers can swim 25m independently before joining this group.

Youth Pre-Competitive

Steadward Bears Para Swimming is proud to announce a new program for 12 and Under swimmers. This program is similar to our Development program but allows for younger individuals with disabilities to share in our welcoming and inclusive Para swim community. We ask that swimmers feel comfortable in the water and are working towards being able to swim 25 meters independently.

Performance (Competitive Team)

The Steadward Bears Competitive Para Swim Team is a competition-focused program for individuals who:

- Have a physical, visual or intellectual impairment
- Can participate in group training and follow coach instructions
- Can safely and comfortably swim 50 meters without aids or assistance.
- Are committed to improving their swim strokes for efficiency and effectiveness.
- Will entertain a conversation about competing in a swimming competition.
- Are committed to being part of a mutually supportive, fun-loving team.

Steadward Bears Para Swim Team is an environment where athletes are empowered to reach for goals, challenge their abilities and enjoy the competitive arena. Our competitive team shares an inclusive and welcoming environment, regardless of whether they are competing at a regional, provincial, national or international level. All NEW para swimmers looking to join the Steadward Bears Competitive Team are required to try-out and must pre-register for a try-out session.

FES (Functional Electrical Stimulation)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
FES M/W/F	January 3 – April 28, 2023	Variable	\$374.90	Feb 20 Mar 3 Apr 7 Apr 10	Verify a spot first with a TSC staff member	15924
FES M/W/F Subsidized	January 3 – April 28, 2023	Variable	\$280.60	Feb 20 Mar 3 Apr 7 Apr 10	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	15926
FES Tues/Thur	January 3 – April 28, 2023	Variable	\$277.10	N/A	Verify a spot first with a TSC staff member	15927
FES Tues/Thur Subsidized	January 3 – April 28, 2023	Variable	\$207.40	N/A	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	15928
<p>*** All of the above FES options include Access to all fitness equipment in the TSC main gym space***</p>						

Program name	Date Range	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
FES Assessment, Program Design, & Implementation	variable	variable	\$153	N/A	For individuals intending to do FES at The Steadward Centre Includes 1 follow-up session	FES Assessment, Program Design, & Implementation
FES Refresh	variable	variable	\$33	N/A	Single session	FES Program Revitalization

Electrodes (for FES)

Electrode Size	# of electrodes (per package)	Cost (per package)
2" x 2"	4	\$12
2" x 3.5"	4	\$15
3" x 4"	2	\$12

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 a follow-up session of up to 60 minutes.

FES Refresh - 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 one 60-minute session.

Free2BMe (Group Classes)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
River Valley Adventure	January 18 – April 5, 2023	Wednesday 5:30-7:00 PM	\$137.50	Feb 22	Ages 8-14	15961
Teen Fitness Fun	January 19 – April 6, 2023	Thursday 6:30-8:00 PM	\$125	Feb 23 Mar 2	Ages 12-25	15962

Descriptions

River Valley Adventure – The adventure continues! In this offering for the Winter 2023 Term, we will strive to offer a combination of outdoor and indoor activities (50/50 split). On milder winter days we will start the class outside and then move indoors for the second half of class. On colder days the entire class will be held indoors. This program will continue to put a big emphasis on connecting with nature and this term, there will be winter sports (such as broomball and hockey) explored in an indoor setting. 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 typically be at The Steadward Centre, unless otherwise indicated by the course instructor. Age range for program is 8-14 years old.

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.

Free2BMe (1:1 Options)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Free2Achieve PALS (Physical Activity Led by Student)	January 16 – April 6, 2023	Monday 4:00-4:45 PM	\$82.50	Feb 20 Apr 10	Ages 8-14	15955
		Tuesday 4:00-4:45 PM	\$82.50	Feb 21	Ages 8-14	15956
		Tuesday 5:00-5:45 PM	\$82.50	Feb 21	Ages 8-14	15957
		Wednesday 4:00-4:45 PM	\$82.50	Feb 22	Ages 8-14	15958
		Thursday 4:00-4:45 PM	\$75	Feb 23 Mar 2	Ages 8-14	15959
		Thursday 5:00-5:45 PM	\$75	Feb 23 Mar 2	Ages 8-14	15960
Fitness PALS (Physical Activity Led by Student)	January 16 – April 3, 2023	Monday 5:00-6:00 PM	\$110	Feb 20 Apr 7 Apr 10	Ages 12-25	15954
Free2Achieve 1:1 - 10 Sessions	January 16 – April 6, 2023	variable	\$150	Feb 20-24	Verify a spot first with a TSC staff member Ages 4-12	1:1 Free2Achieve Returning Participant - 10 Sessions

Free2BMe 1:1 - 10 Sessions	January 16 – April 6, 2023	variable	\$200		Verify a spot first with a TSC staff member Ages 13-19	1:1 Free2BMe Returning Participant – 10 Sessions
-------------------------------	-------------------------------	----------	-------	--	---	---

Descriptions

Free2Achieve 1:1, 10 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 ten-45 minute sessions to be completed over an 11 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2BMe 1:1 - 10 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 ten-60 minute sessions to be completed over a 11- 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	September 6 – December 16, 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	September 6 – December 16, 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