

# **TSC Program Options**

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## **Winter 2024**

# TSC Registration & Payment Options

Option 1 – Online		Option 2 – Phone 780-492-2231	Option 3 – In Person Customer Service (1-241 VVC)
Group Classes (including PALS)	ALL Programs/Services	ALL Programs/Services	ALL Programs/Services
<ul style="list-style-type: none"> <li>Register at <a href="https://www.activityreg.ualberta.ca">https://www.activityreg.ualberta.ca</a></li> <li>Go to the above website, then “Browse our Programs”, then scroll to the bottom of the page to find The Steadward Centre</li> <li>Once you have created an account, you can use it to directly register and pay for group classes and PALS</li> <li>Credit card only</li> </ul>	<ul style="list-style-type: none"> <li>Email <a href="mailto:activityreg@ualberta.ca">activityreg@ualberta.ca</a></li> <li>Request programs and services</li> <li>You will be registered with a balance on your account that can be paid with your online account or by telephone</li> </ul>	<ul style="list-style-type: none"> <li>Call the above phone number</li> <li>A staff member will assist you with processing your registration and collecting payment</li> <li>Credit card only</li> </ul>	<ul style="list-style-type: none"> <li>For the opening week of registration for each term, closer to TSC main gym (1-612 VVC)</li> <li>Available at Customer Service Desk (1-241 VVC)</li> <li>Payment options include cash, cheque, debit card or credit card</li> <li>Please make all cheques payable to “University of Alberta”</li> </ul>
<b>Note: You will be UNABLE to apply any credit on your account using the Activity Reg website</b>		<b>Note: You CAN apply credit on your account towards registration with all of these above options.</b>	

## TSC Customer Service Window (1-612 VVC) Dates & Hours - 2024

Winter 2024 Term	Spring/Summer 2024 Term	Fall 2024 Term
November 27 - December 1 2023	April 2 – 5 2024	August 19 – 23 2024
Hours of Operation: 8:00 AM – 4:00 PM *		

\* During the above-listed dates/times and outside of them, all registration services are also available at Customer Service (1-241 VVC)

## Quick Reference Guide

<a href="#"><u>Access</u></a>	Pages 4-5
<a href="#"><u>1:1 Programming</u></a>	Pages 6-13
<a href="#"><u>Group Programming</u></a>	Pages 14-17
<a href="#"><u>Para Sport Teams</u></a>	Pages 18-20
<a href="#"><u>Functional Electrical Stimulation (FES)</u></a>	Pages 21-24
<a href="#"><u>Parking</u></a>	Page 25-26



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## Adapted Fitness Facility Access

## Adapted Fitness Facility Access

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adapted Fitness Facility Access (Term)	16+	January 2 – April 26, 2024	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124	Feb 19 Mar 29 Apr 1	Membership
Subsidized Adapted Fitness Facility Access (Term)	16+	January 2 – April 26, 2024	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93		
<p><b>Description:</b> The Adapted Fitness Facility Access provides access to our specialized fitness facility with setup support available from floor monitors. While working out on your own, you will have access to some support 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.</p> <p><b>Note:</b> To qualify for the subsidized rate, you must either be on AISH or have an annual income of &lt; \$22 000/year. <b>No paperwork is necessary; this is self-declared.</b> To make sure you get the subsidized rate, please <b>inform the customer service staff at the time of your registration.</b></p>						
APT - Active Passive Trainer (Term)	16+	January 3 – April 26, 2024	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	Feb 19 Mar 29 Apr 1	Membership
<p><b>Description:</b> This membership gives you access to <b>only the APT machines</b>. Please note that if you would like to use other equipment as part of Access, you will require an Adapted Fitness Facility Access (Term) registration.</p>						



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## 1:1 Programming Options

# 1:1 Programming Options

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
TSC Fitness Assessment	18+	variable	variable	\$77	N/A	TSC AFR Fitness Assessment
<b>Description:</b> A 90-minute individualized adapted fitness assessment will help us to gather baseline fitness measurements and design a program for your current fitness goals. The Fitness Assessment also includes two 55-minute introductory fitness sessions to familiarize you with your fitness program and the facility.						
TSC Fitness Assessment (condensed)	18+	variable	variable	\$50	N/A	TSC AFR Fitness Assessment (condensed)
<b>Description:</b> A 90-minute individualized adapted fitness assessment will help us to gather baseline fitness measurements and design a program for your current fitness goals. The Fitness Assessment (condensed) is the <b>90-minute assessment only</b> , does not include any formal follow-ups, and is best utilized with programming that will have regular follow-ups, such as 1:1 or PALS sessions.						
TSC Program Revitalization	18+	variable	variable	\$61	N/A	TSC AFR Program Revitalization
<b>Description:</b> 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.						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe 1:1 (45 minutes) – 10 sessions	4-12	January 15 – April 8, 2024	variable	\$150	Feb 19 Feb 20 Feb 21 Feb 22 Feb 23 Mar 29 Apr 1	Free2BMe 1:1 (45 minutes) – 10 sessions
<b>Description:</b> Work with a TSC staff member to achieve your motor skill and movement goals, whatever they may be! Come enhance your physical literacy through individualized sessions that both challenge and build your confidence and competence. Ten 45-minute sessions to be completed over an 11-week time period. <b>Please verify a time slot with a TSC staff member first.</b> Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.						
Free2BMe 1:1 (60 minutes) – 10 sessions	13-18	January 15 – April 8, 2024	variable	\$200	Feb 19 Feb 20 Feb 21 Feb 22 Feb 23 Mar 29 Apr 1	Free2BMe 1:1 (60 minutes) – 10 sessions
<b>Description:</b> Work with a TSC staff member 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. Ten 60-minute sessions to be completed over an 11-week time period. <b>Please verify a time slot with a TSC staff member first.</b> Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.						



Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Young Adult 1:1 – 10 sessions	18-25	January 15 – April 8, 2024	variable	\$250	Feb 19 Feb 20 Feb 21 Feb 22 Feb 23 Mar 29 Apr 1	Young Adult 1:1 – 10 sessions
Adult 1:1 - 10 Sessions	25+	January 15 – April 8, 2024	variable	\$325	Feb 19 Feb 20 Feb 21 Feb 22 Feb 23 Mar 29 Apr 1	Adult 1:1 - 10 Sessions
<b>Description:</b> 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. Some examples of programming goals are health, improved functioning to complete tasks, and sport performance. <b>Please verify a time slot with a TSC staff member first.</b> Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.						



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## 1:1 Programming Options: PALS

## 1:1 Programming Options (PALS)

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe PALS – 45 minutes (Physical Activity Led by Student)	4-12	January 15 – April 8, 2024	Monday 4:00-4:45 PM	\$82.50	Feb 19 April 1	18524
			Tuesday 4:00-4:45 PM	\$82.50	Feb 20	18525
			Tuesday 5:00-5:45 PM	\$82.50		18526
			Wednesday 4:00-4:45 PM	\$82.50	Feb 21	18527
			Wednesday 5:00-5:45 PM	\$82.50		18528
			Thursday 4:00-4:45 PM	\$82.50	Feb 22	18529
			Thursday 5:00-5:45 PM	\$82.50		18530
<b>Description:</b> This is a fun and engaging one-on-one session with a volunteer. During this session, you will work on motor skill development and build 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.						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe PALS – 60 minutes (Physical Activity Led by Student)	13-18	January 15 – April 8, 2024	Monday 5:00-6:00 PM	\$110	Feb 19 April 1	18531
			Wednesday 5:00-6:00 PM	\$110	Feb 21	18532

**Description:** Come work one-on-one with a volunteer 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.

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	18+	January 15 – April 8, 2024	Monday 10:45-11:40 AM	\$165	Feb 19 April 1	18503
			Monday 1:00-1:55 PM	\$165		18504
			Tuesday 10:45-11:40 AM	\$165	Feb 20	18505
			Tuesday 1:15-2:10 PM	\$165		18506
			Wednesday 9:30-10:25 AM	\$165	Feb 21	18507
			Wednesday 10:45-11:40 AM	\$165		18508
			Wednesday 1:00-1:55 PM	\$165		18509
			Wednesday 2:15-3:10 PM	\$165		18510
			Thursday 9:30-10:25 AM	\$165	Feb 22	18511
			Thursday 10:45-11:40 AM	\$165		18512
			Thursday 1:00-1:55 PM	\$165		18513
			Friday 9:30-10:30 PM	\$150	Feb 23 Mar 29	18514
			Friday 10:45-11:40 AM	\$150		18515
			Friday 1:00-1:55 PM	\$150		18516
			Friday 2:15-3:10PM	\$150		18517

**Description:** With this package you will get ten or eleven 55-minute fitness sessions with a volunteer who is under the supervision of one of our APA Consultants. These structured sessions will help you achieve your fitness goals while sharing your expertise with your PAL. Please note that if you are new to the PALS program a TSC Fitness Assessment is required. Subject to volunteer availability.



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## Group Classes

## Group Classes

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Activity Sampler *new offering*	7-12	January 17 – April 3, 2024	Wednesday 6:00-7:00 PM	\$137.50	Feb 21	18533
<b>Description:</b> Looking to sample a new activity or do you like participating in many different sports? This group offering is the perfect opportunity for kids experiencing disability to try out a variety of different activities and sports. From basketball to gymnastics to geocaching, chances are they will find a future interest or remind themselves why it’s a familiar favorite!						
Teen Fitness Fun	12-19	January 18 – April 4, 2024	Thursday 6:30-8:00 PM	\$137.50	Feb 22	18534
<b>Description:</b> 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.						
Athlete in Training	12+	January 16 – April 4, 2024	Tuesday 4:30-6:00 PM	\$140.25	Feb 20	18535
			Thursday 4:30-6:00 PM	\$140.25	Feb 22	18536
<b>Description:</b> Geared towards athletes experiencing disability who want to increase their training level, this program will help you challenge yourself, improve your performance in recreational sport, or reach your goals of high-level competition. Focus 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 you receive an individualized program focusing on specific areas of strength and areas of improvement.						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Performance Para Development	12+	January 16 – April 4, 2024	Tuesday 6:00-7:30 PM	\$140.25	Feb 20	18537
			Thursday 6:00-7:30 PM	\$140.25	Feb 22	18538
<b>Description:</b> This program is designed for athletes experiencing disability competing in Para Sport. You will 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.						
Fitness Fun *new offering*	18+	January 19 – April 5, 2024	Friday 12:00-1:00 PM	\$45	Feb 23	18522
<b>Description:</b> Stuck in a rut and need a new routine? In this latest offering, you will explore a new theme each week, with lots of different exercises to try out. One week might focus on the core, the next week may include mostly static exercises, and the week after that could be all about balance...the sky's the limit!						
Fall Prevention *new offering*	18+	January 19 – April 5, 2024	Friday 1:15-2:15 PM	\$45	Feb 23	18523
<b>Description:</b> Falls can be a major health risk, often with very serious consequences. Through exercise and education sessions, this class will help to prepare your body to prevent falls from happening and to protect it in the event that a fall does occur. The education component will help you to address fall risks in your home environment and elsewhere. As a bonus, your balance and functional strength will get a great workout!						



Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Sit to be Fit	18+	January 16 – April 4, 2024	Tuesday 10:15-11:15 AM	\$49.50	Feb 20	18518
			Thursday 10:15-11:15 AM	\$49.50	Feb 22	18519
<b>Description:</b> 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. It's a great way to be active in a group setting!						
Circuit Training	18+	January 16 – April 4, 2024	Tuesday 11:30 AM-12:30 PM	\$49.50	Feb 20	18520
			Thursday 11:30 AM-12:30 PM	\$49.50	Feb 22	18521
<b>Description:</b> Take your workout to the next level! Rotate through a series of free weight exercises in this 60 minute circuit workout. To get the most out of this class, you will need to transition between stations and complete the exercises independently.						



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## Para Sport Teams

# Para Sport Teams

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Athletics Development						
Para Athletics Performance						
Para Athletics Remote Coaching						
<p><b>Description*:</b> The Steadward Bears Para Athletics Team allows you to engage in a variety of track &amp; 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 &amp; field activities. The Steadward Bears will support you whether you are just learning the sport or have competitive sport goals in mind.</p> <p><i>* 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 <a href="mailto:tscparatrack@ualberta.ca">tscparatrack@ualberta.ca</a></i></p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Swimming Development	9+	January 16 – April 4, 2024	Tuesdays 7:00-8:00 PM	\$165	Feb 20	18540
			Tuesdays 8:00-9:00 PM	\$165		18541
			Thursdays 7:00-8:00 PM	\$165	Feb 22	18543
			Thursdays 8:00-9:00 PM	\$165		18544
Para Swimming Competitive*	Please contact <a href="mailto:tscpswim@ualberta.ca">tscpswim@ualberta.ca</a> for further information.					

**Description:** The Steadward Bears Para Swimming Program engages athletes experiencing disability to develop competitive swimming skills across the para sport pathway, from grassroots to high performance. 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 aged 9 and up. The Steadward Bears support athletes who are new to the sport of swimming as well as those with aspirations to compete at provincial and national levels. The Development para swimming group is for swimmers looking to develop stronger swimming skills, and build endurance and strength. You will learn the basics of swimming with individualized programs and knowledgeable coaches and volunteers. We ask that swimmers can swim 25m independently before joining this group. The Competitive para swim group is a competition-focused program for individuals who are looking for a more intense training environment that may include participating in swimming competitions. Training four times a week, swimmers will be able to challenge their abilities and work towards individual goals, whether they are to compete regionally, provincially, nationally, or to swim for fitness and health. We ask that swimmers can swim 50m independently before joining this group.

*\* Competitive Para Swimming is a full year program, with registration happening in September. Any athletes interested in joining the competitive para swimming program throughout the rest of the year can email [tscpswim@ualberta.ca](mailto:tscpswim@ualberta.ca).*

[Not sure which swim program is for you?](#) Please contact [tscpswim@ualberta.ca](mailto:tscpswim@ualberta.ca) for further information to determine which program is a good fit.



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## Functional Electrical Stimulation



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## FES (Functional Electrical Stimulation)

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES M/W/F	18+	January 3 – April 26, 2024	M/W/F	\$391.20	Feb 19 Mar 29 Apr 1	18499
<b>Description:</b> 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 in 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). Before registering, please confirm a time slot with a TSC staff member.						
FES M/W/F Subsidized	18+	January 3 – April 26, 2024	M/W/F	\$292.80	Feb 19 Mar 29 Apr 1	18500
<b>Description:</b> 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). Before registering, please confirm a time slot with a TSC staff member.						
<b>Note:</b> To qualify for the subsidized rate, you must either be on AISH or have an annual income of < \$22 000/year. <b>No paperwork is necessary; this is self-declared.</b> To make sure you get the subsidized rate, please <b>inform the customer service staff at the time of your registration.</b>						



Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES Tues/Thurs	18+	January 2 – April 25, 2024	Tues/ Thurs	\$277.10	N/A	18501
<b>Description:</b> 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). Before registering, please confirm a time slot with a TSC staff member.						
FES Tues/Thurs Subsidized	18+	January 2 – April 25, 2024	Tues/ Thurs	\$207.40	N/A	18502
<b>Description:</b> 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). Before registering, please confirm a time slot with a TSC staff member.  <b>Note:</b> To qualify for the subsidized rate, you must either be on AISH or have an annual income of < \$22 000/year. <b>No paperwork is necessary; this is self-declared.</b> To make sure you get the subsidized rate, please <b>inform the customer service staff at the time of your registration.</b>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES Assessment, Program Design, & Implementation	18+	variable	variable	\$153	N/A	FES Assessment, Program Design, & Implementation
<b>Description:</b> Are you new to the program? APA Consultants will create an individualized program, conduct performance muscle testing (up to 2 hours) and provide a follow-up session of up to 60 minutes.						
FES Refresh	18+	variable	variable	N/A	N/A	N/A
<b>Description:</b> If you have been doing the same program for a while and feel you need a refresh, an APA Consultant can make adjustments to your current FES program. This option consists of one 60-minute session and you must be registered in the current term to participate.						

## Electrodes (for FES)

Electrode Size	# of electrodes (per package)	Cost (per package)
2" x 2"	4	\$12
2" x 3.5"	4	\$14
3" x 4"	2	\$12





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## Parking



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## Parking Passes

Product Name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Parking Pass	January 2 – April 26, 2024	variable	\$90	<p>This pass is valid for all days of the week for the allotted date range.</p> <p><b>Please note that purchase of this pass is a final sale and no credits or refunds will be issued.</b></p>	TSC Term Parking Pass
TSC Day Parking Pass	January 2 – April 26, 2024	variable	\$61	<p>This pass is valid for a chosen single day of the week (e.g., Monday) and will be valid for each recurring day chosen for the allotted date range.</p> <p><b>Please note that purchase of this pass is a final sale and no credits or refunds will be issued.</b></p>	TSC Day Parking Pass