

Adult Volunteer Opportunities Winter 2025

Program	Volunteer Role	Session Times
<p>PALS (Physical Activity Led by Student)</p> <p>January 20 – April 4</p>	<p>Work 1:1 with a participant and guide them through their individualized exercise program. You will work with staff to develop/progress participants through the semester and help them achieve their fitness goals. Volunteers will have the opportunity to lead, plan and adapt exercises.</p> <p>*Please note program not active February 17-21*</p>	<p>Session 1 – Monday @ 10:00-11:00 Session 2 – Monday @ 11:00-12:00 Session 3 - Monday @ 1:00-2:00 Session 4 – Monday @ 2:00-3:00 Session 5 – Tuesday @ 10:00-11:00 Session 6 – Tuesday @ 11:00-12:00 Session 7 – Wednesday @ 11:00-12:00 Session 8 – Wednesday @ 1:00-2:00 Session 9 – Thursday @ 10:00-11:00 Session 10 – Thursday @ 11:00-12:00 Session 11 – Thursday @ 1:00-2:00 Session 12 – Friday @ 10:00-11:00 Session 13 – Friday @ 11:00-12:00 Session 14 – Friday @ 1:00-2:00</p>
<p>Fall Prevention</p> <p>January 22 – April 4</p>	<p>Support participants with a fall prevention program that aims to not only prevent falls and build their bodies to survive a fall but also will educate them in the process. Volunteers will have the opportunity to lead, plan and adapt exercises.</p> <p>*Please note program not active February 17-21*</p>	<p>Session 1 – Wednesday @ 12:00-1:00 Session 2 – Friday @ 12:00-1:00</p>

Program	Volunteer Role	Session Times
Sit to Be Fit January 21 – April 3	Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises. *Please note program not active February 17-21*	Session 1 – Tuesday @ 10:00-11:00 Session 2 – Wednesday @ 2:00-3:00 Session 3 – Thursday @ 10:00-11:00
Circuit Training January 21 – April 3	Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises. *Please note program not active February 17-21*	Session 1 – Tuesday @ 11:30-12:30 Session 2 – Thursday @ 11:30-12:30
U35 Group Fitness January 20 – April 4	With a focus on Young Adult fitness this group class will work on cardio and strength in a fun, social environment. Workouts set to music will keep them moving! *Please note program not active February 17-21*	Session 1 – Monday @ 6:30-7:30

Athlete Volunteer Opportunities Winter 2025

Program	Volunteer Role	Session Times
Athlete in Training January 21 – April 3	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals. *Please note program not active February 17-21*	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
Performance Para Development January 21 – April 3	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals. *Please note program not active February 17-21*	Session 1 – Tuesday @ 6:00-7:30 PM Session 2 – Thursday @ 6:00-7:30 PM
Steadward Bears Para Swim Team January 16 – March 20	Offer cueing and coaching to swimmers of varying skill level. Learn to adapt swimming skills and techniques for each athlete. Opportunity to create lesson plans under supervision of the Head Coach. *Must be competent at swimming as a prerequisite* *When you apply for this volunteer position, the final decision for placement is from the Head Coach for Para Swim* *Please note program not active February 17-21*	Session 1 – Monday @ 4:00-5:00 PM Session 2 – Tuesday @ 7:00-8:00 PM Session 4 – Thursday @ 4:00-5:00 PM Session 4 – Thursday @ 7:00-8:00 PM Session 5 - Thursday @ 8:00-9:00 PM

Program	Volunteer Role	Session Times
<p>Steadward Bears Para Athletics Team</p> <p>September 11 – July 30</p>	<p>Lead athletes in warm-up and cool-downs. Assist with transferring to racing chair, cue and coach, and lead workouts while walking, running, and/or wheeling beside athletes. Learn to adapt running, wheeling, and throwing skills/techniques.</p> <p>*Please note that location and times for the opportunity are variable and may change for week-to-week*</p> <p>*When you apply for this volunteer position, the final decision for placement is from the Head Coach for Para Athletics*</p>	<p>Session 1 – Wednesday (5:30-7:00 PM)</p> <p>Session 2 – Friday (6:00-7:30 PM)</p>
<p>Academy for Student Athlete Development (ASAD)</p> <p>September 23 – March 24</p>	<p>Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the year and help them achieve their athletic goals.</p> <p>*Please note that this program occurs bi-weekly*</p> <p>*Specific program dates are: Sept. 23, Oct. 7 & 21, Nov. 4 & 18, Jan. 13 & 27, Feb. 10 & 24, Mar. 10 & 24</p>	<p>Session 1 – Monday (6:00-7:00 PM)</p>

Free2BMe Volunteer Opportunities Winter 2025

Program	Volunteer Role	Session Times
Free2BMe PALS (45 minutes) (ages 4-12) (Physical Activity Led by Students) January 20 – April 3	The PALS program will give you the opportunity to teach motor skill development to improve participant physical literacy through 45 minute 1:1 instruction. We will train you how to coach participants during sessions and how to create a lesson plan. *Please note program not active February 17-21*	Session 1 – Wednesday @ 4:15-5:00
Free2BMe PALS (60 minutes) (ages 12-19) (Physical Activity Led by Students) January 22 – April 2	Work 1:1 with a participant and guide them through their individualized 60 minute exercise program. Each session will finish with some game elements. You will work with staff to develop and progress participants through sessions to help them achieve their fitness goals. *Please note program not active February 17-21*	Session 1 – Wednesday @ 5:00-6:00
Teen Fitness Fun (ages 12-19) January 23 – April 3	Support teens to workout in a fun, social atmosphere. Participants will discover different way to keep fit, work on exercise technique and fitness knowledge while training in a supportive environment. *Please note program not active February 17-21*	Session 1 – Thursday @ 6:30-8:00
Program	Volunteer Role	Session Times

<p>Choose Your Own Adventure (ages 7-12)</p> <p>January 22 – April 2</p>	<p>Building on the success of Activity Sampler, this group offering allows the child to sample different sport skills and motor skills. Most importantly, the child has freedom to explore their interests! Movement is promoted and they get to be active in a way that is meaningful to them.</p> <p>*Please note program not active February 17-21*</p>	<p>Session 1 – Wednesday @ 6:30-7:30</p>
<p>1:1 Training Sessions (ages 4-19)</p> <p>January 20 – April 4</p>	<p>In this program, a TSC instructor works 1:1 with a participant and takes them through programming to help achieve their development and fitness goals. We recruit volunteers on a case-by-case basis to participate in and support these sessions.</p> <p>*Please note program not active February 17-21*</p>	<p>Session times are variable. Please give as wide of a time range as possible days and times) when submitting your application.</p>

FES Volunteer Opportunities Winter 2025

Program	Description	Session Times
<p>FES</p> <p>January 6 – April 4</p>	<p>Functional Electrical Stimulation exercise uses electrical currents applied to nerves via surface electrodes causing contractions in paralyzed or weakened muscles. Learn to set up and monitor individualized FES programs for adults experiencing disability to support their fitness goals.</p> <p>*Please note program not active February 17-21*</p>	<p>Session 1 – Monday @ 9:00-10:00 Session 2 – Monday @ 10:00-11:00 Session 3 – Monday @ 11:00-12:00 Session 4 – Monday @ 12:00-1:00 Session 5 – Monday @ 1:00-2:00 Session 6 – Monday @ 2:00-3:00 Session 7 – Tuesday @ 9:00-10:00 Session 8 – Tuesday @ 10:00-11:00 Session 9 – Tuesday @ 11:00-12:00 Session 10 – Tuesday @ 12:00-1:00 Session 11 – Tuesday @ 1:00-2:00 Session 12 – Tuesday @ 2:00-3:00 Session 13 – Wednesday @ 9:00-10:00 Session 14 – Wednesday @ 10:00-11:00 Session 15 – Wednesday @ 11:00-12:00 Session 16 – Wednesday @ 12:00-1:00 Session 17 – Wednesday @ 1:00-2:00 Session 18 – Wednesday @ 2:00-3:00 Session 19 – Thursday @ 9:00-10:00 Session 20 – Thursday @ 10:00-11:00 Session 21 – Thursday @ 11:00-12:00 Session 22 – Thursday @ 12:00-1:00 Session 23 – Thursday @ 1:00-2:00 Session 24 – Thursday @ 2:00-3:00 Session 25 – Friday @ 9:00-10:00 Session 26 – Friday @ 10:00-11:00 Session 27 – Friday @ 11:00-12:00 Session 28 – Friday @ 12:00-1:00 Session 29 – Friday @ 1:00-2:00 Session 30 – Friday @ 2:00-3:00</p>

To apply for any of our volunteer opportunities please visit our website:

<https://www.ualberta.ca/steadward-centre/get-involved/volunteer.html>. For more information on these volunteer opportunities please contact tscvol@ualberta.ca or 780-492-3182. We thank all applicants for their interest. Once the volunteer application form is submitted, all successful applicants will receive a confirmation once a spot has been secured.



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