

# TSC Program Options – Fall 2022

## Adult Fitness and Recreation (Memberships)

Program	Dates	Days & Times	Cost	Notes	Identifier (registration)
AFR Adapted Fitness Facility Access (Term)	September 6 – December 16, 2022	Monday- Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124		Membership
AFR Subsidized Adapted Fitness Facility Access (Term)	September 6 – December 16, 2022	Monday- Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93	For AISH or annual income of \$22 000 or <	Membership
Active Passive Trainer (APT)	September 6 – December 16, 2022	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	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 name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Sit to be Fit	September 20 – December 8, 2022	Tuesday 10:15-11:15 AM	\$44		15281
		Thursday 10:15-11:15 AM	\$44		15282
Circuit Training	September 20 – December 8, 2022	Tuesday 11:30 AM-12:30 PM	\$44		15283
		Thursday 11:30 AM-12:30 PM	\$44		15284
Adapted Cardio Jam	September 19 – December 5, 2022	Monday 11:00 AM-12:00 PM	\$40		15280

## 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.

**Adapted Cardio Jam** - Party like a rock star while you create your own beat using your body and other available items. This class will get your heart pumping and your soul grooving! Please note this class is offered in person for the Fall 2022 Term.

## Adult Fitness and Recreation (1:1 Options)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
1:1 AFR Participant - 10 Sessions	September 19 – December 9, 2022	variable	\$325	Verify a spot first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
Adult PALS (Physical Activity Led by Student)	September 19 – December 9, 2022	(see next table)	\$165*	<b>* Monday, Tuesday (12:15) and Friday options are \$150</b>	(see next table)
TSC AFR Fitness Assessment	variable	variable	\$77	3 visits total	TSC AFR Fitness Assessment
TSC AFR Fitness Assessment (condensed)	variable	variable	\$50	1 visit total	TSC AFR Fitness Assessment (condensed)
TSC AFR Program Revitalization	variable	variable	\$61	2 visits total	TSC AFR Program Revitalization

## Adult PALS Options

Day & Time	Identifier (Registration)
Monday 10:45-11:40 AM	15285
Monday 2:15-3:10 PM *	15286
Tuesday 10:45-11:40 AM	15288
Tuesday 12:15-1:10 PM *	15289
Tuesday 1:30-2:25 PM	15291
Wednesday 10:45-11:45 AM	15292
Wednesday 1:00-1:55 PM	15293
Thursday 9:30-10:25 AM	15294
Thursday 10:45-11:40 AM	15295
Thursday 1:00-1:55 PM	15296
Thursday 2:15-3:10	15298
Friday 10:45-11:40 AM	15297
Friday 2:15-3:10 PM *	15299

\* denotes volunteer running session is an academic student affiliated with KIN 472 lab session

## Descriptions

**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.

**Adult PALS (Physical Activity Led by Student)** - With this package you will get up to ten 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.

**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 name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Athletes in Training	September 20 – December 8, 2022	Tuesday 4:30 – 6:00 PM	\$153		15270
		Thursday 4:30 – 6:00 PM	\$153		15271
Performance Para Development	September 20 – December 8, 2022	Tuesday 6:00 – 7:30 PM	\$153		15272
		Thursday 6:00 – 7:30 PM	\$153		15273
Para Swimming Development	September 13 – December 8, 2022	Tuesday 7:00 – 8:00 PM	\$195		15274
		Tuesday 8:00 – 9:00 PM	\$195		15275
		Thursday 7:00 – 8:00 PM	\$195		15276
		Thursday 8:00 – 9:00 PM	\$195		15277
Para Swimming Performance	September 13 – December 10, 2022	Tuesday & Thursday 7:00-8:30 PM, Friday 4:00-5:00 PM, Saturday 9:00-10:00 AM	\$765		15278



<b>Program name</b>	<b>Date Range</b>	<b>Days &amp; Times</b>	<b>Cost</b>	<b>Notes</b>	<b>Identifier (registration)</b>
Para Athletics Development	Sept 14 - Dec 9; Jan 4 - Mar 31; May 3 - July 21	Wednesday 5:30-7:00 PM	\$540	36 weeks total	15279
Para Athletics Performance	Sept 14 - Dec 9; Jan 4 - Mar 31; May 3 - July 21	Wednesday 5:30-7:00 PM Friday 5:00-6:30 PM	\$810	36 weeks total	15313
Para Athletics Remote Coaching	Sept 14 - Dec 9; Jan 4 - Mar 31; May 3 - July 21	Wednesday 5:30-7:00 PM Friday 5:00-6:30 PM	\$810	36 weeks total	15280

## Descriptions

**Athletes 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 at a provincial, junior national, or national level. Athletes in this program have been identified by their sport organization as an emerging athlete and train 1 - 2 times per week. 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 Swimming** – The Steadward Bears Para Swimming Team engages athletes experiencing disability to develop competitive swimming skills. With the support of qualified coaches and Adapted Physical Activity Consultants, and with the support of the University of Alberta varsity swim team, this program will develop individualized programs that focus on stroke-specific skills for athletes ages 12+. The Steadward Bears supports athletes who are new to the sport of swimming as well as with aspirations to compete at provincial and national levels. We ask that individuals are able to swim 25m independently before joining the program. The Steadward Bears Para Swimming Team is inclusive of all individuals experiencing disability interested in developing competitive swimming skills. Integrated competitive opportunities are available for those interested.

**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.

# FES (Functional Electrical Stimulation)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
FES M/W/F	September 7 – December 16, 2022	Variable	\$334.15	Verify a spot first with a TSC staff member	15300
FES M/W/F Subsidized	September 7 – December 16, 2022	Variable	\$250.10	Verify a spot first with a TSC staff member  For AISH or annual income of \$22 000 or <	15301
FES Tues/Thur	September 6 – December 15, 2022	Variable	\$244.50	Verify a spot first with a TSC staff member	15302
FES Tues/Thur Subsidized	September 6 – December 15, 2022	Variable	\$183.00	Verify a spot first with a TSC staff member  For AISH or annual income of \$22 000 or <	15303
*** All of the above FES options include Access to all fitness equipment in the TSC main gym space***					

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
FES Assessment, Program Design, & Implementation	variable	variable	\$153	For individuals intending to do FES at The Steadward Centre  Typically 1-2 follow-up sessions	FES Assessment, Program Design, & Implementation
FES Program Revitalization	variable	variable	\$61	2 visits total	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	\$14
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 follow-up as needed over 1-2 sessions of 55 minutes each.

**FES Program Revitalization** - 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 two 55-minute sessions.

## Free2BMe (Group Classes)

Program name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
River Valley Adventure	September 21 – December 7, 2022	Wednesday 5:30-7:00 PM	\$137.50	Ages 8-14	15304
Teen Fitness Fun	September 22 – December 8, 2022	Thursday 6:30-8:00 PM	\$137.50	Ages 12-25	15305

### Descriptions

**River Valley Adventure** – Come out to explore Edmonton’s River Valley and Parks while the weather is nice! This program will take place outdoors, rain or shine, to explore the university area. 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 be announced prior to the program beginning.

**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 name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Free2Achieve 1:1 - 10 Sessions	September 19 – December 9, 2022	variable	\$150	You must verify a spot first with a TSC staff member  Ages 4-12	1:1 Free2Achieve Returning Participant - 10 Sessions
Free2BMe 1:1 - 10 Sessions	September 19 – December 9, 2022	variable	\$200	You must verify a spot first with a TSC staff member  Ages 13-19	1:1 Free2BMe Returning Participant – 10 Sessions
Free2Achieve PALS (Physical Activity Led by Student)	September 20 – December 8, 2022	(see next table)	\$75	Ages 4-12	(see next table)
Fitness PALS (Physical Activity Led by Student)	September 20 – December 8, 2022	(see next table)	\$100	Ages 13-19	(see next table)

## Free2Achieve PALS Options

Day & Time	Identifier (Registration)
Tuesday 4:00-4:45 PM	15306
Tuesday 5:00-5:45 PM	15307
Wednesday 4:00-4:45 PM	15308
Thursday 4:00-4:45 PM	15309
Thursday 5:00-5:45 PM	15310

## Fitness PALS Options

Day & Time	Identifier (Registration)
Monday 3:45-4:45 PM	15311
Monday 5:00-6:00 PM	15312

## 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