

# **TSC Program Options**

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# **Fall 2023**

## New for Fall 2023

**\*\*\*We have changed how our program offerings are organized in this guide. They are now organized into the following general categories:**

- **Access (independent gym use)**
- **1:1 Support**
- **Group Programming**
- **Para Sport Teams (Para Athletics, Para Swimming)**
- **Functional Electrical Stimulation (FES)**
- **Parking**

**Within each category, please identify appropriate age ranges if applicable.\*\*\***

## Quick Reference Guide

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## Access

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adapted Fitness Facility Access (Term)	16+	September 5 – December 22, 2023	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124	Oct 9 Nov 13	Membership
Subsidized Adapted Fitness Facility Access (Term)	16+	September 5 – December 22, 2023	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 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.</p> <p><b>Note:</b> If you 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>						
Active Passive Trainer (APT)	16+	September 5 – December 22, 2023	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	Nov 13	Membership
<p><b>Description:</b> This membership gives you access to <b>only the APT machines</b>. 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.</p>						

# 1:1 Programming Options

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
TSC Fitness Assessment	18+	variable	variable	\$77	N/A	TSC AFR Fitness Assessment
TSC Fitness Assessment (condensed)	18+	variable	variable	\$50	N/A	TSC AFR Fitness Assessment (condensed)
<p><b>Description:</b> A 90-minute individualized adapted fitness assessment 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. <b>Please note that the Fitness Assessment (condensed) is the 90-minute assessment only, 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.</b></p>						
TSC Program Revitalization	18+	variable	variable	\$61	N/A	TSC AFR Program Revitalization
<p><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.</p>						

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe 1:1 (45 minutes) – 10 sessions	4-12	September 18 – December 11, 2023	variable	\$150	Oct 9 Nov 13	Free2BMe 1:1 (45 minutes) – 10 sessions
<p><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. Up to 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.</p>						
Free2BMe 1:1 (60 minutes) – 10 sessions	13-18	September 18 – December 11, 2023	variable	\$200	Oct 9 Nov 13	Free2BMe 1:1 (60 minutes) – 10 sessions
<p><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. Up to 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.</p>						

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Young Adult 1:1 – 10 sessions	18-25	September 18 – December 11, 2023	variable	\$250	Oct 9 Nov 13	Young Adult 1:1 – 10 sessions
Adult 1:1 - 10 Sessions	25+		variable	\$325	Oct 9 Nov 13	Adult 1:1 - 10 Sessions
<p><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, function, 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.</p>						

## 1:1 Programming Options (PALS)

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe PALS – 45 minutes (Physical Activity Led by Student)	4-12	September 18 – December 8, 2023	Monday 4:00-4:45 PM	\$75	Oct 9 Nov 13	17888
			Tuesday 4:00-4:45 PM	\$75	Nov 14	17889
			Tuesday 5:00-5:45 PM	\$82.50	Nov 14	17890
			Wednesday 4:00-4:45 PM	\$82.50	Nov 15	17891
			Wednesday 5:00-5:45 PM	\$82.50	Nov 15	17892
			Thursday 4:00-4:45 PM	\$82.50	Nov 16	17893
			Thursday 5:00-5:45 PM	\$82.50	Nov 16	17894
<p><b>Description:</b> This is 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.</p>						
Free2BMe PALS – 60 minutes (Physical Activity Led by Student)	13-18	September 18 – December 8, 2023	Monday 5:00-6:00 PM	\$100	Oct 9 Nov 13	17887

**Description:** 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.

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	18+	September 18 – December 8, 2023	Monday 10:45-11:40 AM	\$150	Oct 9 Nov 13	17869
			Monday 1:00-1:55 PM	\$150	Oct 9 Nov 13	17870
			Tuesday 10:00-10:55 AM	\$165	Nov 14	17872
			Tuesday 12:15-1:10 PM	\$165	Nov 14	17873
			Wednesday 9:30-10:25 AM	\$165	Nov 15	17874
			Wednesday 10:45-11:40 AM	\$165	Nov 15	17875
			Wednesday 1:00-1:55 PM	\$165	Nov 15	17876
			Wednesday 2:15-3:10 PM	\$165	Nov 15	17963
			Thursday 9:30-10:25 AM	\$165	Nov 16	17877
			Thursday 10:45-11:40 AM	\$165	Nov 16	17878
			Thursday 1:00-1:55 PM	\$165	Nov 16	17879
			Friday 10:45-11:40 AM	\$165	Nov 17	17880
			Friday 1:00-1:55 PM	\$165	Nov 17	17881
			Friday 2:15-3:10PM	\$165	Nov 17	17882



**Description:** With this package you will get 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 sharing your expertise with your PAL. Please note that if you are new to the PALS program a preliminary fitness assessment is required. Subject to student availability.

## Group Classes

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Explorers Adventure	7-12	September 20 – December 6, 2023	Wednesday 4:30-5:30 PM	\$137.50	Nov 15	17895

**Description:** Join us in learning the fundamentals of a variety of outdoor-based activities in this exciting new program! Each week the group will explore a new and different theme (e.g geocaching, outdoor sports, etc) . Please dress for the weather, as this program will run rain or shine! Please note as the weather outside becomes colder, some activities may be moved indoors.

Teen Fitness Fun	12-19	September 21 – December 7, 2023	Thursday 6:30-8:00 PM	\$137.50	Nov 16	17896
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**Description:** 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+	September 19 – December 7, 2023	Tuesday 4:30-6:00 PM	\$140.25	Nov 14	17897
			Thursday 4:30-6:00 PM	\$140.25	Nov 16	17898

**Description:** 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.						
Performance Para Development	12+	September 19 – December 7, 2023	Tuesday 6:00-7:30 PM	\$140.25	Nov 14	17899
			Thursday 6:00-7:30 PM	\$140.25	Nov 16	17900
<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.						
Sit to be Fit	18+	September 19 – December 7, 2023	Tuesday 10:15-11:15 AM	\$49.50	Nov 14	17883
			Thursday 10:15-11:15 AM	\$49.50	Nov 16	17884
<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.						
Circuit Training	18+	September 19 – December 7, 2023	Tuesday 11:30 AM-12:30 PM	\$49.50	Nov 14	17885
			Thursday 11:30 AM-12:30 PM	\$49.50	Nov 16	17886
<b>Description:</b> 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.						

## Para Sport Teams

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Athletics Development	12+	Sept 13 - Dec 6, Jan 3 - Apr 3, May 1 - July 17	Wednesdays (time is TBD)	\$555	Nov 15 Feb 21	17901
Para Athletics Performance	12+	Sept 13 - Dec 8, Jan 2 - Apr 5, May 1 - July 19	Wednesdays & Fridays (time is TBD)	\$1110	Nov 15 Nov 17 Feb 21 Feb 23	17912
Para Athletics Remote Coaching	12+	September 13 - Dec 8, Jan 2 - Apr 5, May 1 - July 19	variable	\$832.50	Nov 15 Nov 17 Feb 21 Feb 23	17934

**Description\*:** 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](mailto:tscparatrack@ualberta.ca)

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Swimming Development	9+	September 19 – December 7, 2023	Tuesdays 7:00-8:00 PM	\$165	Nov 14	17913
			Tuesdays 8:00-9:00 PM	\$165	Nov 14	17915
			Thursdays 7:00-8:00 PM	\$165	Nov 16	17914
			Thursdays 8:00-9:00 PM	\$165	Nov 16	17916
Para Swimming Competitive	12+	September 12 - Dec 16, Jan 9 - Apr 27, May 7 - June 27	Tuesday (2:30-4pm) OR (7-8:30pm) Thursday (2:30-4pm) OR (7-8:30pm) Friday (3:30-5pm) Saturday (8:30-10am)	\$2295	Nov 11 Mar 29 Mar 30	17920

**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.

***Steadward Bears Para Swimming Programs:***

*Development*

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. This program has an individualized focus that works with the goals of each swimmer; whether that is to learn and develop competencies in a variety of swim strokes, or at some point be competing in swim meets. We ask that swimmers can swim 25m independently before joining this group.

### *Competitive*

The Steadward Bears Competitive Para Swim Team is a competition-focused program for individuals who are looking for a more intense training environment that may include participating in swimming competitions. If you can safely and comfortably swim 50 meters without aids or assistance and you are committed to improving your swim strokes for efficiency and effectiveness, this is the program for you!

The 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 supports all swimmers, regardless of whether you 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 pre-register for a try-it session to ensure the program is the right fit for you!

## FES (Functional Electrical Stimulation)

Program	Age Group	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES M/W/F	18+	September 5 - December 22, 2023	M/W/F	\$366.75	Oct 9 Nov 13	17864
<p><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). When registering, please confirm a time slot first with a TSC staff member.</p>						
FES M/W/F Subsidized	18+	September 5 - December 22, 2023	M/W/F	\$274.50	Oct 9 Nov 13	17866
<p><b>Description:</b> This is the same as the FES M/W/F but at a reduced rate. Please note that when registering, you must tell the staff you qualify for the subsidized rate.</p>						

FES Tues/Thurs	18+	September 6 - December 21, 2023	Tues/ Thurs	\$260.80	N/A	17867
<p><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). When registering, please confirm a time slot first with a TSC staff member.</p>						
FES Tues/Thurs Subsidized	18+	September 6 - December 21, 2023	Tues/ Thurs	\$195.20	N/A	17868
<p><b>Description:</b> This is the same as the FES Tues/Thurs but at a reduced rate. Please note that when registering, you must tell the staff you qualify for the subsidized rate.</p>						

Program	Age Group	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? 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, a consultant can make adjustments to your current FES program. Consists of one 60-minute session. Participants 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



## Parking Passes

Product name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Parking Pass	September 5 – December 22, 2023	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	September 5 – December 22, 2023	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><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