



**TSC Program**

**Options**

**–**

**Fall 2024**

To our members of the TSC Community...

At The Steadward Centre (TSC), we are striving to increase the accessibility of our information to reduce barriers and increase opportunity for people to participate in Adapted Physical Activity. One of the ways we do this is by striving to have our electronic information accessible to screen-reader software. We would like to acknowledge that this particular document is not screen-reader friendly. We continue to explore options to improve this in the future but for now we wanted to recognize we have not met this objective yet.

If you have questions about programming options at TSC, please reach out to us at 780-492-8339 or [infotsc@ualberta.ca](mailto:infotsc@ualberta.ca) and someone will be able to connect with you for options on how to learn more about our specific programming options for the upcoming term.

Thank you for your continued interest in TSC.

# 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>
<p><b>Note: You will be UNABLE to apply any credit on your account using the Activity Reg website</b></p>		<p><b>Note: You CAN apply credit on your account towards registration with all of these above options.</b></p>	

## 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
<b>Hours of Operation: 8:00 AM – 4:00 PM *</b>		

\* 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

<b>Access</b>	<b>Pages 5-7</b>
<b>1:1 Programming</b>	<b>Pages 8-17</b>
<b>Group Programming</b>	<b>Pages 18-21</b>
<b>Para Sport Teams</b>	<b>Pages 22-25</b>
<b>Functional Electrical Stimulation (FES)</b>	<b>Pages 26-29</b>
<b>Parking</b>	<b>Pages 31-31</b>
<b>Locker Rentals &amp; Additional Equipment</b>	<b>Page 32-33</b>



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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+	September 3 – December 18, 2024	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:00 AM-7:00 PM)	\$124	Sep 30 Oct 14 Nov 11	Membership
Subsidized Adapted Fitness Facility Access (Term)	16+	September 3 – December 18, 2024	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:00 AM-7:00 PM)	\$93		
Student Adapted Fitness Facility Access (Term)	16+	September 3 – December 18, 2024	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:00 AM-7:00 PM)	\$105		

**Description:** 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.

**Note:** To qualify for the subsidized rate, you must either be on AISH or have an annual income of < \$22 000/year. **No paperwork is necessary; this is self-declared.** To make sure you get the subsidized rate, please **inform the customer service staff at the time of your registration.**

**Note:** To qualify for the student rate, you must be an active student at a post-secondary institution. **No paperwork is necessary; this is self-declared.** To make sure you get the student rate, please **inform the customer service staff at the time of your registration.**

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
APT - Active Passive Trainer (Term)	16+	September 3 – December 18, 2024	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	Sep 30 Oct 14 Nov 11	Membership
<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.						



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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
<p><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.</p>						
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 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.</p>						
TSC Fitness Assessment (customized)	18+	variable	variable	variable	N/A	TSC AFR Fitness Assessment (customized)
<p><b>Description:</b> We recognize that our standard fitness assessment options do not align with everyone's needs. With this option, we can accommodate requests for multiple fitness programs, periodized programs, or any other needs not captured with our traditional fitness assessment options.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
TSC Program Revitalization	18+	variable	variable	\$61	N/A	TSC AFR Program Revitalization

**Description:** 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	September 16 – December 9, 2024	variable	\$150	Sep 30 Oct 14 Nov 11 Nov 12 Nov 13 Nov 14 Nov 15	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. Ten 45-minute sessions to be completed over an 10-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 16 – December 9, 2024	variable	\$200	Sep 30 Oct 14 Nov 11 Nov 12 Nov 13 Nov 14 Nov 15	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. Ten 60-minute sessions to be completed over an 10-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	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Young Adult 1:1 – 10 sessions	18-25	September 16 – December 9, 2024	variable	\$250	Sep 30 Oct 14 Nov 11 Nov 12 Nov 13 Nov 14 Nov 15	Young Adult 1:1 – 10 sessions
Adult 1:1 - 10 Sessions	25+	September 16 – December 9, 2024	variable	\$325	Sep 30 Oct 14 Nov 11 Nov 12 Nov 13 Nov 14 Nov 15	Adult 1:1 - 10 Sessions

**Description:** Ten 55-minute individualized fitness sessions with one of our Adapted Physical Activity consultants, to be completed over an 10-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. **Please verify a time slot with a TSC staff member first.** 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	September 16 – December 9, 2024	Monday 4:15-5:00 PM	\$75	Sep 30 Oct 14 Nov 11	20598
			Monday 5:15-6:00 PM			20599
			Tuesday 4:15-5:00 PM	\$82.50	Nov 12	20773
			Tuesday 5:15-6:00 PM	\$82.50		20774
			Wednesday 4:15-5:00 PM	\$82.50	Nov 13	20775
			Thursday 4:15-5:00 PM	\$82.50	Nov 14	20776
			Thursday 5:15-6:00 PM	\$82.50		20777

**Description:** This is a fun and engaging one-on-one session with a volunteer. During this session, your child will work on motor skill development and build physical literacy with a program hand-crafted by one of our APA Consultants, aimed towards achieving the personal sport and physical activity goals of your child. Subject to volunteer availability.

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe PALS – 60 minutes (Physical Activity Led by Student)	13-18	September 18 – December 4, 2024	Wednesday 5:00-6:00 PM	\$110	Nov 13	20778
<p><b>Description:</b> 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 APA consultants. Subject to volunteer availability.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	18+	September 16 – December 9, 2024	Monday 10:00-11:00 AM	\$150	Sep 30 Oct 14 Nov 11	20574
			Monday 11:00 AM-12:00 PM	\$150		20575
			Monday 1:00-2:00 PM	\$150		20576
			Monday 2:00-3:00 PM	\$150		20577
			Tuesday 10:00-11:00 AM	\$165	Nov 12	20753
			Tuesday 11:00 AM-12:00 PM	\$165		20754
			Tuesday 12:15-1:15 PM	\$165		20755
			Tuesday 1:15-2:15 PM	\$165		20756
			Wednesday 10:00-11:00 AM	\$165	Nov 13	20757
			Wednesday 11:00 AM-12:00 PM	\$165		20758
			Wednesday 1:00-2:00 PM	\$165		20759
			Wednesday 2:15-3:15 PM	\$165		20760
			Thursday 10:00-11:00 AM	\$165	Nov 14	20761
			Thursday 11:00 AM-12:00 PM	\$165		20762
			Thursday 1:00-2:00 PM	\$165		20763
			Friday 10:00-11:00 AM	\$165	Nov 15	20764
			Friday 1:00-2:00 PM	\$165		20765
			Friday 2:15-3:15 PM	\$165		20766



**Description:** Come work one-on-one with a volunteer to achieve your personal fitness goals in an engaging workout session. These structured sessions will help you achieve your personal 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	7-12	September 18 – December 4, 2024	Wednesday 6:30-7:30 PM	\$137.50	Nov 13	20779
<p><b>Description:</b> Don't know what interests your child? This group offering is the perfect opportunity for them to try out a variety of different activities and sports. We will attempt a new activity each week with the chance to continue familiar favourites as well. This is a great opportunity for your child to discover a future interest!</p>						
Teen Fitness Fun	12-19	September 19 – December 5, 2024	Thursday 6:30-8:00 PM	\$137.50	Nov 14	20780
<p><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.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Athlete in Training	12+	September 17 – December 5, 2024	Tuesday 4:30-6:00 PM	\$140.25	Nov 12	20871
			Thursday 4:30-6:00 PM	\$140.25	Nov 14	20782
<p><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.</p>						
Performance Para Development	12+	September 17 – December 5, 2024	Tuesday 6:00-7:30 PM	\$140.25	Nov 12	20783
			Thursday 6:00-7:30 PM	\$140.25	Nov 14	20784
<p><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.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Fall Prevention	18+	September 18 – December 6, 2024	Wednesday 12:45-1:45 PM	\$49.50	Nov 12	20767
			Friday 12:45-1:45 PM	\$49.50	Nov 15	20768
<p><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!</p>						
Sit to be Fit	18+	September 17 – December 5, 2024	Tuesday 10:00-11:00 AM	\$49.50	Nov 12	20769
			Thursday 10:00-11:00 AM	\$49.50	Nov 14	20770
<p><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!</p>						
Circuit Training	18+	September 17 – December 5, 2024	Tuesday 11:30 AM-12:30 PM	\$49.50	Nov 12	20771
			Thursday 11:30 AM-12:30 PM	\$49.50	Nov 14	20772
<p><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.</p>						



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# Para Sport Teams

## Para Sport Teams

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Athletics Development	13+	Sept 11 - Dec 4, Jan 8 - Apr 2, May 7 - July 30	Wednesdays 5:30-7:00 PM	\$525	Nov 13 Feb 19	20644
Para Athletics Performance	13+	Sept 11 - Dec 6, Jan 8 - Apr 4, May 7 - July 25	Wednesday 5:30-7:00 PM Friday 6:00-7:30 PM	\$1050	Nov 13 Nov 15 Feb 19 Feb 21	20645
Para Athletics Remote Coaching	Please contact <a href="mailto:tscparatrack@ualberta.ca">tscparatrack@ualberta.ca</a> for further information.					
<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	7+	September 16 – December 5, 2024	Monday 4:00-5:00 PM	\$135	Sep 30 Oct 14 Nov 11	20615
			Tuesday 7:00-8:00 PM	\$165	Nov 12	20616
			Thursday 7:00-8:00 PM	\$165	Nov 13	20617
			Thursday 8:00-9:00 PM	\$165		20618
Para Swimming Competitive (Fall Term)	9+	September 17 – December 14, 2024	Tuesdays (7:00-8:30 PM) Thursdays (7:00-8:30 PM) Fridays (3:30-5:00 PM) Saturdays (8:30-10:00 AM)	\$705	Oct 12 Oct 19 Nov 2 Nov 9 Dec 7	20612
Para Swimming Competitive (Winter Term)	9+	January 7 – March 22, 2025	Tuesdays (7:00-8:30 PM) Thursdays (7:00-8:30 PM) Fridays (3:30-5:00 PM) Saturdays (8:30-10:00 AM)	\$600	Jan 18 Feb 8 Feb 15 Mar 15	20613
Para Swimming Competitive (Spring Term)	9+	April 1 – June 28, 2025	Tuesdays (7:00-8:30 PM) Thursdays (7:00-8:30 PM) Fridays (3:30-5:00 PM) Saturdays (8:30-10:00 AM)	\$720	Apr 18 Apr 19 May 17 May 31	20614



**Description:** The Steadward Bears Para Swimming Program engages athletes experiencing disability to develop competitive swimming skills across the para sport pathway, from grassroots to competitive. With the support of qualified coaches, knowledgeable volunteers and Adapted Physical Activity Consultants, we develop practices that focus on stroke-specific skills for athletes. 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 Swim 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.

- New swimmers looking to join this program will undergo an assessment prior to the first practice so that their needs can be addressed specifically and they can be placed accordingly.
- Returning swimmers to the program will be assigned based on past coach evaluation

The Competitive Para Swim group is for swimmers looking to develop stronger swimming skills, and build endurance and strength, as well as those who are looking for a 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.

Not sure which swim program is for you? Please contact Coach Mathew at [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

## FES (Functional Electrical Stimulation)

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES M/W/F	18+	September 4 – December 18, 2024	M/W/F	\$350.45	Sep 30 Oct 14 Nov 11	20570
<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 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. <b>This registration includes an Access membership to the TSC gym.</b></p>						
FES M/W/F Subsidized	18+	September 4 – December 18, 2024	M/W/F	\$262.30	Sep 30 Oct 14 Nov 11	20571
<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). Before registering, please confirm a time slot with a TSC staff member. <b>This registration includes an Access membership to the TSC gym.</b></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>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES Tues/Thurs	18+	September 3 – December 17, 2024	Tues/ Thurs	\$252.65	N/A	20572
<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). Before registering, please confirm a time slot with a TSC staff member. <b>This registration includes an Access membership to the TSC gym.</b></p>						
FES Tues/Thurs Subsidized	18+	September 3 – December 17, 2024	Tues/ Thurs	\$189.10	N/A	20573
<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). Before registering, please confirm a time slot with a TSC staff member. <b>This registration includes an Access membership to the TSC gym.</b></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>						

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. <b>This option consists of one 60-minute session and you must be registered in the current term to participate. Please note this option can be utilized 1 time/year and is dependent on TSC staff availability.</b>						

## 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



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# Parking

# Parking Passes

Product Name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Parking Pass	September 3 – December 18, 2024	variable	\$90	This pass is valid for all days of the week for the allotted date range.	TSC Term Parking Pass
TSC Day Parking Pass	September 3 – December 18, 2024	variable	\$61	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.	TSC Day Parking Pass

- ★ Please note that purchase of this pass is a final sale and no credits or refunds will be issued
- ★ Please note that we do not pro-rate the cost of parking passes
- ★ Please note that all parking passes at TSC are digital (your license plate number(s) are entered into a spreadsheet used by parking services)



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## **Locker Rentals & Additional Equipment**



## Locker Rental

Product Name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Locker Rental	September 3 – December 18, 2024	variable	\$10	This service allows you to leave a lock on the public lockers overnight.	TSC Term Locker Rental

★ Please note that lockers are day-use only unless a locker is rented for the term

## Tensor Wraps

Product Name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
Tensor Wrap	N/A	N/A	\$2	When applicable, each TSC participant is required to supply their own tensor wraps.	N/A

★ Please note that there are no “communal” tensor wraps in our gym space