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TSC Program

Options

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Winter 2025

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

TSC Customer Service Window (1-612 VVC) Dates & Hours - 2025

Winter 2025 Term	Spring/Summer 2025 Term	Fall 2025 Term
November 25 – 29 2024	March 24 – 28 2025	August 11 – 15 2025
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

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THE STEADWARD
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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 – May 2	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:00 AM-7:00 PM)	\$124	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21 Apr 18 Apr 21	Membership
Subsidized Adapted Fitness Facility Access (Term)	16+	January 2 – May 2	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:00 AM-7:00 PM)	\$93		
Student Adapted Fitness Facility Access (Term)	16+	January 2 – May 2	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+	January 3 – May 2, 2025	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	Feb 17 Feb 19 Feb 21 Apr 18 Apr 21	Membership
<p>Description: This membership gives you access to only the APT machines. 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	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21 Apr 18 Apr 21	TSC AFR Fitness Assessment
<p>Description: 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	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21 Apr 18 Apr 21	TSC AFR Fitness Assessment (condensed)
<p>Description: 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 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.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
TSC Fitness Assessment (customized)	18+	variable	variable	variable	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21 Apr 18 Apr 21	TSC AFR Fitness Assessment (customized)
<p>Description: 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>						
TSC Program Revitalization	18+	variable	variable	\$61	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21 Apr 18 Apr 21	TSC AFR Program Revitalization
<p>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.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Free2BMe 1:1 (45 minutes) – 10 sessions	4-12	January 20 – April 4	variable	\$150	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	Free2BMe 1:1 (45 minutes) – 10 sessions
<p>Description: 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 a 10-week time period. Please verify a time slot with a TSC staff member first. Additional sessions may be available for purchase on a prorated scale subject to TSC staff availability.</p>						
Free2BMe 1:1 (60 minutes) – 10 sessions	13-18	January 20 – April 4	variable	\$200	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	Free2BMe 1:1 (60 minutes) – 10 sessions
<p>Description: 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 a 10-week time period. Please verify a time slot with a TSC staff member first. Additional sessions may be available for purchase on a prorated scale subject to TSC staff availability.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Young Adult 1:1 – 10 sessions	19-25	January 20 – April 4	variable	\$250	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	Young Adult 1:1 – 10 sessions
Adult 1:1 - 10 Sessions	25+	January 20 – April 4	variable	\$325	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	Adult 1:1 - 10 Sessions

Description: Ten 55-minute individualized fitness sessions with one of our Adapted Physical Activity consultants, to be completed over a 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	January 20 – April 3	Monday 4:15-5:00 PM	\$75	Feb 17	21547
			Monday 5:15-6:00 PM			21548
			Tuesday 4:15-5:00 PM	\$75	Feb 18	21549
			Tuesday 5:15-6:00 PM	\$75		21550
			Wednesday 4:15-5:00 PM	\$75	Feb 19	21551
			Thursday 4:15-5:00 PM	\$75	Feb 20	21552
			Thursday 5:15-6:00 PM	\$75		21553

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	January 22 – April 2	Wednesday 5:00-6:00 PM	\$110	Feb 19	21554

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 APA consultants. Subject to volunteer availability.

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	18+	January 20 – April 4	Monday 10:00-10:55 AM	\$150	Feb 17	21520
			Monday 11:00-11:55 AM	\$150		21521
			Monday 1:00-1:55 PM	\$150		21522
			Monday 2:00-2:55 PM	\$150		21523
			Tuesday 10:00-10:55 AM	\$150	Feb 18	21524
			Tuesday 11:00-11:55 AM	\$150		21525
			Tuesday 1:15-2:10 PM	\$150		21526
			Wednesday 11:00-11:55 AM	\$150	Feb 19	21527
			Wednesday 1:00-1:55 PM	\$150		21528
			Wednesday 2:15-3:10 PM	\$150		21529
			Thursday 10:00-10:55 AM	\$150	Feb 20	21530
			Thursday 11:00-11:55 AM	\$150		21531
			Thursday 1:00-1:55 PM	\$150		21532
			Friday 10:00-10:55 AM	\$150	Feb 21	21533
			Friday 11:00-11:55 AM	\$150		21534
			Friday 1:00-1:55 PM	\$150		21535
Friday 2:15-3:10 PM	\$150	21536				

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)
Choose Your Own Adventure *new offering*	7-12	January 22 – April 2	Wednesday 6:30-7:30 PM	\$82.50	Feb 19	21567
<p>Description: Don't know what interests your child? Building on the success of Activity Sampler, this group offering will allow your child to sample different sport skills and motor skills. Most importantly, your 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>						
Teen Fitness Fun	12-19	January 23 – April 3	Thursday 6:30-8:00 PM	\$125	Feb 20	21555
<p>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.</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Athlete in Training	12+	January 21 – April 3	Tuesday 4:30-6:00 PM	\$127.50	Feb 18	21556
			Thursday 4:30-6:00 PM	\$127.50	Feb 20	21557
<p>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.</p>						
Performance Para Development	12+	January 21 – April 3	Tuesday 6:00-7:30 PM	\$127.50	Feb 18	21558
			Thursday 6:00-7:30 PM	\$127.50	Feb 20	21559
<p>Description: 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>						
U35 Group Fitness *new offering*	18-34	January 20 – March 31	Monday 6:30-7:30 PM	\$82.50	Feb 17	21595
<p>Description: 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 you moving!</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Fall Prevention	18+	January 22 – April 4	Wednesday 12:00-1:00 PM	\$50	Feb 19	21537
			Friday 12:00-1:00 PM	\$50	Feb 21	21538
<p>Description: 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+	January 21 – April 3	Tuesday 10:00-11:00 AM	\$50	Feb 18	21539
			Wednesday 2:00-3:00 PM	\$50	Feb 19	21546
			Thursday 10:00-11:00 AM	\$50	Feb 20	21540
<p>Description: 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+	January 21 – April 3	Tuesday 11:30 AM-12:30 PM	\$50	Feb 18	21541
			Thursday 11:30 AM-12:30 PM	\$50	Feb 20	21542
<p>Description: 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						Please contact tscparatrack@ualberta.ca for further information.
Para Athletics Performance						Please contact tscparatrack@ualberta.ca for further information.
Para Athletics Remote Coaching						Please contact tscparatrack@ualberta.ca for further information.
<p>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.</p> <p>* 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</p>						

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
Para Swimming Development	7+	January 16 – March 20	Monday 4:00-5:00 PM	\$135	Feb 17	21560
			Tuesday 7:00-8:00 PM	\$135	Feb 18	21561
			Thursday 4:00-5:00 PM	\$135	Feb 20	21564
			Thursday 7:00-8:00 PM	\$135		21565
			Thursday 8:00-9:00 PM	\$135		21566
Para Swimming Competitive (Winter Term)	12+	January 7 – March 22	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)	12+	April 1 – June 28	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 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+	January 3 – May 2	M/W/F	\$383.05	Feb 17 Feb 19 Feb 21 Apr 18 Apr 21	21516
FES M/W/F Subsidized	18+	January 3 – May 2	M/W/F	\$286.70	Feb 17 Feb 19 Feb 21 Apr 18 Apr 21	21517

Description: 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. **This registration includes an Access membership to the TSC gym.**

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.**

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES Tues/Thurs	18+	January 2 – May 1, 2025	Tues/Thurs	\$268.95	Feb 18 Feb 20	21518
FES Tues/Thurs Subsidized	18+	January 2 – May 1, 2025	Tues/Thurs	\$201.30	Feb 18 Feb 20	21519

Description: 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. **This registration includes an Access membership to the TSC gym.**

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.**

Program	Ages	Dates	Days & Times	Cost	Omit Dates	Identifier (registration)
FES Assessment, Program Design, & Implementation	18+	variable	variable	\$153	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	FES Assessment, Program Design, & Implementation
Description: 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	Feb 17 Feb 18 Feb 19 Feb 20 Feb 21	N/A
Description: 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. Please note this option can be utilized 1 time/year and is dependent on TSC staff availability.						

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	January 2 – May 2	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	January 2 – May 2	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	January 2 – May 2, 2025	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

★ Please note that a lock IS NOT provided with the locker rental (participant must supply the lock)

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