THE STEADWARD CENTRE

WHO WE ARE

The Steadward Centre for Personal & Physical Achievement is a leader in Adapted Physical Activity and Parasport development, annually serving more than 1000 children and adults experiencing disabilities and training more than 250 students. As part of the Faculty of Kinesiology, Sport, and Recreation, University of Alberta, the Centre’s strong research and education focus allow it to deliver innovative programs and to share proven expertise with community fitness and sport leaders across Alberta.

Our Mission
- Inspire individual achievement in Adapted Physical Activity and Parasport by conducting and applying innovative research, widely sharing expert knowledge and delivering highly successful programs for individuals experiencing disability.

Our Principles
- Living with an impairment is best understood by those living with an impairment
- Adapted Physical Activity and Parasport development should be accessible by all who choose to participate
- Innovation is our expectation
- Our decisions and approaches are informed by research, and our work informs our research
- More can be accomplished in partnership than alone
- Meaningful inclusion requires communities and individuals informed about the possibilities

OUR PROGRAMS

ADULT FITNESS & RECREATION

Our adult programs are designed to promote, foster and assist participants in becoming independent, self-determined individuals with the confidence to be physically active and fully-engaged in their communities.

We provide structured, individual and group exercise programs for adults living with impairment under the supervision of Adapted Physical Activity Consultants and Certified Personal Fitness Trainers, in a supportive, welcoming and inclusive environment.

In offering these programs, our primary goals are
- To assist participants to become knowledgeable and confident with respect to their fitness and lifestyle needs
- To assist participants to take their new skills into the community
- To increase independence, foster self-determination and promote inclusion for people experiencing disability through physical activity to encourage them to live healthy, productive, fulfilling lives.
**Athlete Development for Parasport**

Our Athlete Development programs focus on engaging individuals experiencing disability who currently participate in sport to increase their current fitness levels. The Athlete Development for Parasport programs supports individuals participating in recreational sport through to high performance sport. With the creation of The Steadward Bears Para-swimming Team and Para-athletics Team, the Athlete Development for Parasport program has expanded to include qualified coaches to support in the development of competitive sport skills for individuals experiencing disability.

**Community Exercise Transition**

Since 2008, The Steadward Centre Community Exercise Transition program has worked closely with community fitness/recreation centre partners to increase independence, foster self-determination and promote inclusion for people experiencing disability through physical activity, fitness and sport.

The Steadward Centre team works to support these goals through direct 1:1 service delivery in the community, conducting accessibility consultations, and providing presentations and inclusion workshops. We connect with community organizations, fitness facilities and researchers in the field regionally, provincially, and nationally to best meet the specific needs of each facility, community and individual.

**Free2BMe**

We provide physical activity and fitness opportunities for children and youth from 4 to 19 years of age who live with physical, sensory or developmental impairments. Free2BMe programs develop skills and knowledge towards health and wellness while asserting autonomy and independence in a fun and social environment.

- Free2BMe programs are led and supervised by staff trained in Adapted Physical Activity
- Programs are adapted for individual needs
- Our facilities are young-people friendly and fully equipped

**Functional Electrical Stimulation (FES)**

Functional Electrical Stimulation (FES) is a technique by which electrical currents are applied to nerves supplying paralysed or weakened muscle through electrodes placed on the surface of the skin (transcutaneous). This current delivers the necessary stimulation to elicit a muscle contraction with the purpose of providing functionally useful movements which can aide in the prevention of cardiovascular disease, osteoporosis and type 2 diabetes.

The Steadward Centre FES Exercise Program offers three forms of FES-assisted physical activity: FES Leg Cycling, FES Arm Cycling, and Combined FES Arm and Leg Elliptical. Programs exist within The Steadward Centre, Saville Community Sports Centre, and the Don Wheaton YMCA.
REGISTRATION INFORMATION

HOW TO REGISTER FOR PROGRAMS

To register for our various programs please see registration options below:

If you would like to speak to a consultant regarding a specific program please phone one of the numbers below:

Adult Fitness & Recreation: 780-492-8339
Athlete Development for Parasport: 780-248-1981
Community Transition Programs: 780-492-9236
Free2BMe: 780-492-8269
General Inquiries: 780-492-3182

1. In Person
   - Room 1-612 The Steadward Centre Office in the Van Vliet Complex at the University of Alberta
   - M-W 8:00am-12:00pm
   - R&F 1:00pm-4:00pm

2. By Mail
   - Mail registration forms to:
     The Steadward Centre
     1-670 Van Vliet Complex
     8831 116 Street
     University of Alberta, Edmonton AB T6G 1P7

3. By Fax
   - Fax registration forms to 780-492-7161

4. Online
   - Go to link
     https://www.activityreg.ualberta.ca
   - Select “Register for Programs”
   - Enter Course ID for the activity you would like to register in

HOW TO PAY

1. In Person
   - Cash, debit, credit (Visa, Mastercard, and/or American Express), cheque (payable to the University of Alberta)
   - Room 1-612 The Steadward Centre Office in the Van Vliet Complex at the University of Alberta
   - M-W 8:00am-12:00pm
   - R&F 1:00pm-4:00pm

2. By Phone
   - Credit card only (Visa, Mastercard and/or American Express)
     780-492-3182
     M-W 8:00am-12:00pm
     R&F 1:00pm-4:00pm

3. By Mail
   - Mail a cheque payable to the University of Alberta to:
     The Steadward Centre
     1-670 Van Vliet Complex
     8831 116 Street
     University of Alberta, Edmonton AB T6G 1P7

WITHDRAWAL POLICIES

- You may withdraw from a program at any time.
- If you withdraw prior to the start date of the program a full credit or refund can be issued.
- After the third class or session, a refund may be issued for the value of the remaining classes or sessions.
- Missed 1:1 sessions within the Free2BMe and AFR programs are non-refundable.
- If your class or session is cancelled by us you will receive a full credit or refund.
- Credits may be used towards future programs or courses.

Spring/Summer 2019 registration opens on April 1, 2019
ADULT FITNESS & RECREATION

ADAPTED FITNESS FACILITY ACCESS

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 floor monitor 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 29-Aug 30, 2019</td>
<td>M/W/F 8:00am - 5:30pm</td>
<td>The Steadward Centre 1-645</td>
<td>$122</td>
</tr>
<tr>
<td></td>
<td>T/Th 10:00am - 4:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 29, 2019-Apr 29, 2020</td>
<td>M/W/F 8:00am - 5:30pm</td>
<td>The Steadward Centre 1-645</td>
<td>$300</td>
</tr>
<tr>
<td></td>
<td>T/Th 10:00am - 4:30pm</td>
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</tr>
</tbody>
</table>

FACILITY ACCESS PUNCH PASSES

Participants purchase a 10 time pass which gives them access to our accessible fitness centre with set-up support available from floor monitors. Participants work out independently in a safe and supportive environment.

Instructor Programming - Staff Led

FITNESS ASSESSMENT

You will engage in a 90-minute individualized adapted fitness assessment with one of our Adapted Physical Activity consultants to gather baseline fitness measurements and design a program for your current fitness goals. This package also includes two 60-minute introductory fitness sessions for you to get familiar with your fitness program and the facility.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 780-492-9236 to book (M-F only)</td>
<td>The Steadward Centre 1-645</td>
<td></td>
<td>$75</td>
</tr>
</tbody>
</table>

1:1 TRAINING SESSIONS

Ten 60 minute individualized sessions with one of our APA consultants, to be completed over 12 weeks. Consultants will guide you through a personalized exercise prescription based on your fitness assessment and your fitness and physical activity goals each week. Additional sessions may be available for purchase on a pro-rated scale, subject to TSC staff availability. All participants new to 1:1 training at TSC require a fitness assessment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Participant Package</td>
<td>Call 780-492-9236 to book (M-F only)</td>
<td>The Steadward Centre 1-645</td>
<td>$370</td>
</tr>
<tr>
<td>Returning Participants</td>
<td>Call 780-492-9236 to book (M-F only)</td>
<td>The Steadward Centre 1-645</td>
<td>$320</td>
</tr>
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</table>
**Program Revitalization (In House Only)**

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.

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<table>
<thead>
<tr>
<th>Information</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Call 780-492-9236 to book (M-F only)</td>
<td>$60</td>
</tr>
</tbody>
</table>

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**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.

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<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8416</td>
<td>May 7-Aug 29, 2019</td>
<td>T 10:00am-11:00am</td>
<td>The Steadward Centre</td>
<td>$59.50</td>
</tr>
<tr>
<td>8415</td>
<td></td>
<td>Th 10:00am - 11:00am</td>
<td>Studio 1-635</td>
<td></td>
</tr>
</tbody>
</table>

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**Circuit Training**

Take your workout to the next level with this new resistance training class! Rotate through a series of freeweight and machine exercises in the gym in this 60 minute circuit workout. Please note that you will be required to transition between stations and complete exercises independently.

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<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>8418</td>
<td>May 7-Aug 29, 2019</td>
<td>T 11:00am-12:00pm</td>
<td>The Steadward Centre</td>
<td>$59.50</td>
</tr>
<tr>
<td>8417</td>
<td></td>
<td>R 11:00am-12:00pm</td>
<td>Studio 1-635 Fitness Centre 1-645</td>
<td></td>
</tr>
</tbody>
</table>

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**Active Passive Trainer (APT)**

This 60-minute class will get your heart pumping through combined cycling on an APT and led upper body resistance training and range of motion exercises. Make the most of your hour with this full body workout! **No classes May 20th and July 1st.**

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<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>8469</td>
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<td>The Steadward Centre</td>
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<tr>
<td>8471</td>
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<td>M 1:00pm - 2:00pm</td>
<td>Studio 1-635 Fitness Centre 1-645</td>
<td></td>
</tr>
<tr>
<td>8470</td>
<td></td>
<td>F 1:00-2:00pm</td>
<td>Studio 1-645</td>
<td></td>
</tr>
</tbody>
</table>

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**Mind & Body**

Have you ever wanted to learn more about your mind and body? This class will introduce you to the basics of exercises similar to yoga. You will have the chance to try out a variety of poses and movements throughout the class. During the class, the instructor will modify poses, as desired, for you.

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<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>8420</td>
<td>May 8-Aug 30, 2019</td>
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<td>The Steadward Centre</td>
<td>$59.50</td>
</tr>
<tr>
<td>8419</td>
<td></td>
<td>F 12:00pm - 1:00pm</td>
<td>Studio 1-635 Fitness Centre 1-645</td>
<td></td>
</tr>
</tbody>
</table>
**InstructIOnal PrOgrammIng - student led**

**Physical Activity Led by Students (PALS)**

With this package you will get six 60-minute fitness sessions with a student who is under the supervision of one of our APA trained staff. 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. **No classes May 20th and July 1st.**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>8423</td>
<td></td>
<td>M 1:00-2:00pm</td>
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<td></td>
</tr>
<tr>
<td>8424</td>
<td></td>
<td>T 10:00am-11:00pm</td>
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<td></td>
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<tr>
<td>8425</td>
<td></td>
<td>T 11:00am-12:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8426</td>
<td></td>
<td>T 1:00-2:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8427</td>
<td>May 6-June 14, 2019</td>
<td>T 2:00-3:00pm</td>
<td>The Steadward Centre</td>
<td>$90</td>
</tr>
<tr>
<td>8428</td>
<td></td>
<td>W 1:00-2:00pm</td>
<td>Fitness Centre 1-645</td>
<td></td>
</tr>
<tr>
<td>8429</td>
<td></td>
<td>R 10:00-11:00am</td>
<td></td>
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<tr>
<td>8430</td>
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<td>R 11:00am-12:00pm</td>
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<td>8431</td>
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<td></td>
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<tr>
<td>8432</td>
<td></td>
<td>R 2:00-3:00pm</td>
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</table>
**Functional Electrical Stimulation (FES)**

**FES Assessment**

Engage in a 60-minute FES assessment conducted by a Physical Therapist at the University of Alberta to assess range of motion and stimulation response to determine eligibility for FES programming and program development. The FES assessment will take place at Corbett Hall Student Physical Therapy Clinic.

<table>
<thead>
<tr>
<th>Information</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 780-248-2070 to book your assessment</td>
<td>1-26 Corbett Hall 8205 114 Street NW</td>
<td>$60</td>
</tr>
</tbody>
</table>

**FES Program Design & Implementation**

Are you new to the program? Consultants will create an individualized program, performance muscle testing and provide follow-up as needed.

<table>
<thead>
<tr>
<th>Information</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 780-492-8339 to book your appointment</td>
<td>$75</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Information</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 780-492-8339 to book your appointment</td>
<td>$60</td>
</tr>
</tbody>
</table>

**FES Program**

Functional Electrical Stimulation (FES) is a modality that uses electrical current applied to paralyzed or wakened muscles via electrodes placed on the skin. We offer FES arm cycling, leg cycling and rowing. All new participants require an FES assessment prior to registering for the program. Participants choose one of the available 1 hour time slots on either MWF or TR. Please call 780-492-3182 for availability. You will be responsible for arranging your transportation accordingly. Subsidized rates are available for individuals on Assured Income for the Severely Handicapped (AISH). **No classes May 20th and July 1st.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 29-Aug 30</td>
<td>M/W/F</td>
<td>$405</td>
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<tr>
<td></td>
<td>T/R</td>
<td>$270</td>
</tr>
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</table>

Please call 780-492-3182 for availability of time slots or to book a time.
ATHLETE DEVELOPMENT FOR PARASPORT

HIGH PERFORMANCE PARA-DEVELOPMENT (12+ years old)

This program is designed for you if you are an athlete competing in parasports at a provincial, junior national or national level. To participate in this program, you have been identified by your sport organization as an emerging athlete and will train 2-3 times per week with a strength and conditioning coach in the HPTRC at the Saville Community Sports Centre. In these training sessions, you will focus on building muscular strength, power, endurance and flexibility specific to the demands of each sport and the unique abilities of each athlete. You must select a one hour time slot when registering for this program. **No classes May 20th and July 1st.**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8437</td>
<td>May 6-July 24, 2019</td>
<td>M/W 3:30pm-4:30pm</td>
<td>High Performance Training Centre (Saville Community Sports Centre)</td>
<td>$360</td>
</tr>
<tr>
<td>8439</td>
<td>May 7-June 27, 2019</td>
<td>M/W 4:30pm-5:30pm</td>
<td>The Steadward Centre Fitness Centre 1-645</td>
<td>$150</td>
</tr>
<tr>
<td>8438</td>
<td></td>
<td>M/W 5:30pm-6:30pm</td>
<td></td>
<td></td>
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</tbody>
</table>

ATHLETES IN TRAINING (12+ years old)

Looking to build your skills, strength or speed? Through individualized programs, we will work to improve athletic performance by developing fitness. Athletes must have a competitive or recreational goal to work towards. Athletes must select one 90 minute time slot when registering for this program.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>8440</td>
<td>May 7-June 27, 2019</td>
<td>T 4:30pm-6:00pm</td>
<td>The Steadward Centre Fitness Centre 1-645</td>
<td>$150</td>
</tr>
<tr>
<td>8441</td>
<td>May 7-June 27, 2019</td>
<td>R 4:30pm-6:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8443</td>
<td>May 7-June 27, 2019</td>
<td>R 6:00pm-7:30pm</td>
<td></td>
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</tr>
</tbody>
</table>

LEARN TO WHEELCHAIR RACE (12-18 years old)

Come try out wheelchair racing in this course designed for those who are brand new to the sport. These three sessions will cover the basics of the sport, including chair fitting and transferring, and push techniques. Racing chairs and gloves will be provided during the program, but please bring your own helmet.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>8448</td>
<td>May 1, 8, 15, 2019</td>
<td>W 5:30pm-7:00pm</td>
<td>The Steadward Centre Fitness Centre 1-645</td>
<td>$150</td>
</tr>
</tbody>
</table>
**Para-Athletics (10+ years old)**

The Steadward Bears Para-athletics Team engages individuals living with impairment in the different areas of track & field: Run, Jump, Throw, and Wheel. Participants can choose to focus on one area or develop skills in multiple disciplines. With the support of qualified coaches and Adapted Physical Activity consultants, this program focuses on skills for sport minded individuals. The Steadward Bears support athletes who are just learning as well as those with competitive sport goals in mind. **No classes May 20th and July 1st.**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8444</td>
<td>May 6-July 19, 2019</td>
<td>M 5:30pm-7:00pm</td>
<td>TBD</td>
<td>$137.50</td>
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<tr>
<td>8445</td>
<td>May 2019</td>
<td>W 5:30pm-7:00pm</td>
<td><strong>U of A West Pool</strong></td>
<td>$162.50</td>
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<tr>
<td>8446</td>
<td></td>
<td>F 5:30pm-7:00pm</td>
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**Para-Swimming Development (10+ years old)**

With the Steadward Bears Para-Swimming Team, you will engage in the sport of swimming in a fun and inclusive environment. With the support of qualified coaches and Adapted Physical Activity consultants, you will focus on the development of competitive swimming skills. The Steadward Bears will support you whether you are just learning the basics or working towards a spot on the Canadian Paralympic team.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8449</td>
<td>May 7-June 29, 2019</td>
<td>T 7:00pm-8:00pm</td>
<td>U of A West Pool</td>
<td>$162.50</td>
</tr>
<tr>
<td>8450</td>
<td></td>
<td>T 8:00pm-9:00pm</td>
<td></td>
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</tr>
<tr>
<td>8451</td>
<td></td>
<td>R 7:00pm-8:00pm</td>
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<tr>
<td>8452</td>
<td></td>
<td>R 8:00pm-9:00pm</td>
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* - Competitive group only

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<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8453</td>
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<td>*T 7:00pm-9:00pm</td>
<td><strong>U of A West Pool</strong></td>
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<td>8454</td>
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<td>8455</td>
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<td>*F 4:00pm-5:00pm</td>
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<tr>
<td>8456</td>
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<td>*Sa 9:00am-10:00am</td>
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**Para-Swim Team Registration Fee**

<table>
<thead>
<tr>
<th>Group</th>
<th>Swim Alberta Fee</th>
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</thead>
<tbody>
<tr>
<td>Performance Group</td>
<td>$266</td>
</tr>
<tr>
<td>Development Group</td>
<td>$41</td>
</tr>
</tbody>
</table>
**GROUP PROGRAMS**

**NEW* SPORTY SKILLS (7-12 years old)**

Sporty Skills will focus on teaching participants a new sport every week. Participants will work on fundamental movement skills on a weekly basis that can be applied to multiple sports and everyday movement activities. No class May 20th.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>8461</td>
<td>May 13-June 24, 2019</td>
<td>M 5:00pm-6:00pm</td>
<td>The Steward Centre</td>
<td>$87.50</td>
</tr>
</tbody>
</table>

**TEEN FITNESS FUN (13-29 years old)**

Join us for one of the most popular programs The Steward 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. This program is now offered with a Monday and/or a Thursday option. No classes May 20th and July 1st.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8462</td>
<td>May 13-Aug 29, 2019</td>
<td>M 6:30pm-8:00pm</td>
<td>The Steward Centre</td>
<td>$200</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8467</td>
<td></td>
<td>R 6:30pm-8:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CYCLE CHALLENGE (6+ years old)**

Leave the training wheels behind! Come learn how to ride your bike and gain the confidence and techniques you need to ride independently. One on one support, playbased instruction and small attainable goals will help you feel comfortable and confident on two wheels. All types of bicycles welcome. This program will run rain or shine!

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8463</td>
<td>May 15-June 26, 2019</td>
<td>W 5:00pm-6:00pm</td>
<td>The Steward Centre</td>
<td>$87.50</td>
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</table>

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8468</td>
<td></td>
<td>W 6:15pm-7:15pm</td>
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<td></td>
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</tbody>
</table>

**CYCLE ADVENTURE (6+ years old)**

Cycle Adventure is back! This program is designed for the cyclist looking to develop their cycling skills. Build your cycling skills and endurance by riding on trails throughout the University of Alberta and surrounding areas. Learn how to use your gears, share trails and roads with other users, all whilst exploring Edmonton’s beautiful river valley. Participants must be confident and proficient in cycling in order to participate. All types of bicycles welcome. This program will run rain or shine!

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8465</td>
<td>May 14-June 25</td>
<td>T 5:30pm-7:30pm</td>
<td>The Steward Centre</td>
<td>$150</td>
</tr>
</tbody>
</table>
**Individual (1:1) Programs**

**Free2Achieve - Physical Activity Led by Students (PALS) (4-12 years old)**

Free2Achieve offers a fun and engaging one-on-one session with a 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 30-minute time slot on one day when registering for this program.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8474</td>
<td>May 14-June 13, 2019</td>
<td>T/R 3:30pm-5:00pm</td>
<td>The Steadward Centre</td>
<td>$37.50</td>
</tr>
</tbody>
</table>

**Free2Achieve - Staff 1:1 (4-12 years old)**

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. Six-30 minute sessions to be completed over a 7 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability. Please select a 30-minute time slot on one day when registering for this program. Call (780)492-3182 to register or inquire about available times. **No class May 20th.**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8475</td>
<td>May 13-June 28, 2019</td>
<td>Call for availability</td>
<td>The Steadward Centre</td>
<td>$63</td>
</tr>
</tbody>
</table>

**Fitness Physical Activity Led by Students (PALS) (12-19 years old)**

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. **No class May 20th.**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8476</td>
<td>May 13-June 12, 2019</td>
<td>M/W 3:00pm-6:00pm</td>
<td>The Steadward Centre</td>
<td>$75</td>
</tr>
</tbody>
</table>

**Fitness 1:1 (12-19 years old)**

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. Six-30 minute sessions to be completed over a 7 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability. Please select a 30-minute time slot on one day when registering for this program. Call (780)492-3182 to register or inquire about available times. **No class May 20th.**

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<tr>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8477</td>
<td>May 13-June 28, 2019</td>
<td>Call for availability</td>
<td>The Steadward Centre</td>
<td>$126</td>
</tr>
</tbody>
</table>
**2019 Summer Camps**

**Little Activators 3 – 7 yrs**
This half day camp is intended to introduce our youngest participants to the joy of physical activity. They will develop physical literacy through play, dance and movement activities.
1A: July 2 – 5; 9am – 12pm; $125
1B: July 2 – 5; 1pm – 4pm; $125
2A: August 6 – 9; 9am – 12pm; $125
2B August 6 – 9; 1pm – 4pm; $125

**Explore Camp 7 – 14 yrs**
This camp will expose participants to creative play based activities. Participants and Camp Counselors will explore a variety of environments and equipment together, creating a fun dynamic camp experience.
July 8 – 12; 9am – 3pm; $175

**Splash & Fun 7 – 14yrs**
The goal of this camp is to teach participants the fundamentals of swimming. Approximately half of this camp will work to develop the skills in the pool. The other half will be spent developing physical literacy through a wide range of games.
1A: July 22 – 26; 9am-3pm; $200
2A: August 12 – 16; 9am – 3pm; $200

**Move Your Body 14+**
This camp will explore the components of dance, creative movement, gymnastics, martial arts, and other body movement activities. So make your move this summer and join us for a week of friends, fitness, and fun!
July 15 – 19; 9am – 3pm; $175

**Multi-Sport 14+**
The goals of this camp are to give participants an opportunity to explore a variety of sports and develop general activity skills. This camp is jam-packed with many sports!
July 29 – August 2; 9am – 3pm; $175

**Suncatcher 14+ yrs**
The goal of this camp is to have some fun in the sun. Participants will work to develop the skills of summertime activities such as Frisbee and hiking, plus much more! On one of the camp mornings a swimming session will take place. Make some new friends this summer, while being active in the great outdoors!
August 19 – 23; 9am – 3pm; $175

Registration opens February 19, 2019.
For more information or to register, please call (780)492-3182.
FACILITY INFORMATION

PARKING

Parking passes are available for purchase from our business office. Our parking passes are valid only in The Steadward Centre lot (located at the west entrance of the Van Vliet Complex).

Please contact our receptionist at 780-492-3182 if you would like to purchase a parking pass.

DIRECTIONS

We are located in the Van Vliet Complex on the lower level by the Booster Juice, rooms 1-662 and 1-650. The Van Vliet Complex is located Southeast of the Stadium Car Park (on 89th ave), and is directly across (south) from the Student’s Union Building and adjacent to the Clare Drake Arena.

If taking DATS:

- DATS drop-off is located at the West entrance of the Van Vliet Complex.
- Upon entering the building proceed straight ahead up the ramp, through the double doors and you are now in The Steadward Centre space. The fitness centre is on your right.

If you’re being dropped off by someone:

- The west entrance can be accessed through the alleyway located to the west of the Butterdome.
- If you are heading west on 87th ave turn right after the Butterdome into the alley before the 116th street intersection.
- If you are heading east on 87th ave turn left into the alley that is after the 116th street intersection and before the Butterdome.
- Upon entering the alley the Butterdome will be on your right. Proceed straight ahead where you will then see The Steadward Centre parking on your right (please note you must have a valid parking pass with us to park in these stalls). Pay parking in also available in this lot.
  - The Steadward Centre stalls are denoted by an accessible symbol. All TSC pass holders are to park in those stalls regardless of whether you have an accessible placard.
  - Stalls not marked accessible are metered. Please see the kiosk located in the parking lot for more details.
- The entrance doors are located just to the left of the parking lot. Parking is also available at Stadium car park by continuing straight through alleyway, located on 116th street NW & 89th ave.
If taking Edmonton Transit System (ETS):

1. By Bus:
   - There is an east, side-door entrance of the Van Vliet Complex accessed by a drop off parking lot (located west of the bus drop-off area).
   - It is located north on 114th street NW, west of the Education Car Park, and directly left before the “bus only” zone.
     - Upon entering the building there will be an elevator to your right (take to Level 1).
     - Leaving the elevator, proceed straight through the doors and directly past Booster Juice.

2. By LRT:
   - Health Sciences/Jubilee Station- Edmonton Health Academy Clinic (ECHA) exit.
   - Follow the ramp to the ECHA southeast entrance
   - Continue straight through ECHA until the very end and turn left
   - Proceed past Starbucks and exit the building. Go right, heading north towards 87th ave
   - Cross at the set of lights in front of the Butterdome. Head slightly right and proceed up the ramp to the main set of doors (south) of the Van Vliet Complex (in between the Butterdome and PAW centre)
   - Continue straight through the building (straight through “Social Street”)
   - Take the set of double doors on the right, after the sitting area
   - Proceed through the second set of doors and turn right. There will be a small elevator on the left. Take to Level 1.
   - Go through the double doors and proceed straight past Booster Juice. The gym will be on the left side of the hallway.

3. University Station- 114 street exit
   - Follow the concourse to the 89th ave/ Dentist Pharmacy exit and take the elevator up. Head outside.
   - Once outside, head straight down the sidewalk (west) towards the Van Vliet Complex.
   - Cross the bus lane and continue following the sidewalk. It will turn into a car path and The Van Vliet Complex will be on your left and the Student Union Building will be on your right.
   - Please see “Directions from Student Union Building” below to get to TSC gym.

Directions from the Student Union Building (SUB):

   - The Van Vliet Complex is located directly south of the Student Union Building. When leaving the north east or southeast entrances of SUB, take a right (south) and follow the car path towards the Van Vliet Complex.
   - Enter through the north doors. Once inside, follow the ramp up (if wanting to take the elevator to level 1) or take the steps down.
   - Once down the steps proceed straight ahead then turn right when you see the Booster Juice. Proceed straight past the blue archway that says “The Steadward Centre” and the gym will be on your left.
MAP

*TSC = THE STEADWARD CENTRE
Inspire individual achievement in Adapted Physical Activity and Para-Sport by conducting and applying innovative research, widely sharing expert knowledge and delivering highly successful programs for individuals experiencing disability.
Date: ______________________

**PARTICIPANT INFORMATION**

Name: ______________________________________________________________

Address: __________________________________________________________________

City: __________________________ Postal Code: __________________________

Main Phone Number: __________________________ Alternate Number: ________________

Email Address: __________________________________________ Would you like to receive email

Year of Birth: __________________________

Parent/Guardian: __________________________ Parent/Guardian Phone: ________________

**PROGRAM REGISTRATION**

Please use the space below to select the programs you are interested in registering in (please print)

Program(s) interested in (see guides attached) __________________________________________

Program code(s) and time slot wanted (see guide) __________________________________________

____________________________________ ______________________________________

____________________________________ ______________________________________

____________________________________ ______________________________________

____________________________________ ______________________________________

____________________________________ ______________________________________

**EMERGENCY CONTACT**

Name: ______________________________________________________________

Address: __________________________________________________________________

City: __________________________ Postal Code: __________________________

Phone Number: __________________________ Alternate Number: ________________

Relationship: __________________________

**ADDITIONAL INFORMATION**

Please indicate the nature of participant impairment/disability/diagnosis below.

____________________________________________________________________
Method of communication: ☐ Verbal □ Non-Verbal □ Other ____________________________

What is the primary mobility aid that will be used in programming sessions?
☐ Manual wheelchair ☐ Power wheelchair ☐ Scooter ☐ Walker
☐ Cane(s) ☐ None ☐ Other

Will participant be accompanied by an aid/attendant? ☐ Yes ☐ No

If no please indicate level of assistance required below

______________________________

Are there any specific motivators, strategies we should incorporate during programming sessions?

______________________________

Transportation: ☐ Accessible transit ☐ Public transit ☐ Drive ☐ Driven ☐ Other

Does participant currently receive subsidy? ☐ Yes ☐ No

MEDICAL INFORMATION

Doctor’s Name: __________________________

Phone Number: __________________________ Fax Number: __________________________

Alberta Healthcare Number: (optional) __________________________

Please state any injuries, medical conditions (allergies, seizures, etc.) that might require emergency attention below.

______________________________

Please list all medications you are currently taking in the table below or attach a list with this form.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage</th>
<th>Reason for Prescription</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

Protection of Privacy - The personal information requested on this form is collected and protected under the authority of the Alberta Freedom of Information and Protection of Privacy Act, for the purpose of administering the program waiver process. Questions concerning the collection use and disposal of this information should be directed to: The Steadward Centre for Personal & Physical Achievement 780-492-3182.

Payment can be made by credit card, debit card, cash or cheque. Please make cheque payable to the University of Alberta. For any questions please contact 780-492-3182.

Return forms to:
The Steadward Centre for Personal & Physical Achievement
1-670 Van Vliet Complex
University of Alberta, Edmonton AB, T6G 2H9
Fax: 780-492-7161
Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

☐ I am completing this questionnaire for myself.
☐ I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer YES or NO to each question before you become more physically active. If you are unsure about any question, answer YES.

1. Have you experienced ANY of the following (A to F) within the past six months?
   • A  A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
   • B  A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
   • C  Dizziness or lightheadedness during physical activity?
   • D  Shortness of breath at rest?
   • E  Loss of consciousness/fainting for any reason?
   • F  Concussion?

2. Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

3. Has a health care provider told you that you should avoid or modify certain types of physical activity?

4. Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

NO to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE
GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do vigorous-intensity physical activity (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

1. During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)?

2. On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity?

For adults, please multiply your average number of days/week by the average number of minutes/day:

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).

DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct. If my health changes, I will complete this questionnaire again.

I answered NO to all questions on Page 1

I answered YES to any question on Page 1

Check the box below that applies to you:

- I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.
- I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

Check this box if you would like to consult a QEP about becoming more physically active.

(This completed questionnaire will help the QEP get to know you and understand your needs.)
Program Waiver, Release of Liability and Informed Consent

Name of Participant

Name of Parent/Guardian

Address

Address of Parent/Guardian (if different from Participant)

City

City

Postal Code

Postal Code

Telephone Number

Telephone Number (if different from Participant)

I authorize The Steadward Centre for Personal & Physical Achievement to administer and conduct tests and/or provide physical activity programs to increase my physical work capacity.

I understand that my level of physical fitness will be assessed and that, based on the results, an individualized physical activity program may be prescribed. I realize that I will be requested to perform exercises to evaluate and/or improve one or more of the following: a) Muscular Fitness, b) Cardiovascular Fitness c) Composition d) Flexibility

I understand that there are potential risks of injury to myself involved with any exercise and performance testing or physical activity program e.g.: episodes of transient light headiness, loss of consciousness, abnormal blood pressure, chest discomfort, leg cramps, and nausea. These risks have been explained to me, I have had full opportunity for discussion of them and I assume willfully those risks. My obligation is to discontinue any exercise and immediately inform the appraiser if I experience any pain, discomfort, fatigue, or any other symptoms that I may suffer.

In consideration of participating in a physical activity program and/or fitness appraisal, I do hereby for myself, successors and assigns, release, forever discharge and waive the University of Alberta and The Steadward Centre for Personal & Physical Achievement and the directors, employees, agents, volunteers, members and representatives of these from any and all action, causes of action, claims and demands for upon or by reason of any damage, loss or injury to person and property which hereafter may be sustained in consequence of my assessment or participation in a physical activity program at The Steadward Centre for Personal & Physical Achievement.

I have read this form and understand the fitness appraisal and/or physical activity program in which I will be engaged. I consent to participate in this physical activity session(s). I am aware that all personal information collected as it relates to my participation in the Steadward Centre programs may be requested to be used for research purposes.

Signature of Participant (If Over Age 18)  

Date

Signature of Parent/Guardian

Date

Signature of Witness

Date

Protection of Privacy - The personal information requested on this form is collected and protected under the authority of the Alberta Freedom of Information and Protection of Privacy Act, for the purpose of administering the program waiver process. Questions concerning the collection, use and disposal of this information should be directed to: The Steadward Centre for Personal & Physical Achievement: (780) 492-3182.
PART 1: REPRODUCTION RIGHTS

I (print name) ___________________________ HEREBY GRANT TO THE UNIVERSITY OF ALBERTA, including its employees, agents, assigns, or other third party as the University may authorize on its behalf, the nonexclusive right to photograph me (or my child) ________________________ (child’s name), make recordings of my/his/her voice, and make combined audio-visual recordings of me/my child and my/his/her voice.

I consent to the taking of images or recordings within the gym and other Steadward Centre activities (i.e. group programming, social events, summer camps and one on one sessions) by the Steadward Centre for Personal & Physical Achievement for use by the Steadward Centre for any of the following purposes: research studies, learning materials, newsletters, reporting, marketing/promotional materials, various social media platforms or website design. I hereby assign and transfer to The Steadward Centre all rights to these images, audio and visual recordings and all benefits and advantages to be derived there from. Editing, publication, distribution, broadcast and use of this material shall be at the sole discretion of The Steadward Centre, worldwide, for two years from the date signed.

☐ I have read this form and I DO NOT CONSENT to the use of images or recordings taken by the Steadward Centre for Personal & Physical Achievement.

PART 2: CONSENT TO DISCLOSE IDENTITY

I (print name) __________________________________ CONSENT to the disclosure of the following personal information that may be included with the resources listed above: full name, details of disability, age and gender of myself (or my child).

☐ I have read this form and I DO NOT CONSENT to the disclosure of my (or my child’s) identity in occurrence with any images or recordings taken by the Steadward Centre for Personal & Physical Achievement.

Consent is voluntary and may be revoked at anytime. This consent is valid for period of two years and is effective from the date it is signed.

____________________________________   __________________________
Signature of Participant or parent/guardian   Date
(parent/guardian required if under age 18)

____________________________________   __________________________
Signature of Witness   Date

Protection of Privacy - The personal information requested on this form is collected and protected under the authority of the Alberta Freedom of Information and Protection of Privacy Act, for the purpose of managing the Authorization of the Disclosure of Personal Information process. Questions concerning the collection, use and disposal of this information should be directed to: The Steadward Centre for Personal & Physical Achievement Reception 1-670 Van Vliet Complex, Edmonton, AB T6G 1H9 (780) 492-3182