



THE STEADWARD CENTRE
FOR PERSONAL & PHYSICAL ACHIEVEMENT
UNIVERSITY OF ALBERTA



Fall 2019

Winter 2020

Program Guide

THE STEADWARD CENTRE

WHO WE ARE

The Steadward Centre for Personal & Physical Achievement is an expert 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

Please note that registration for Fall 2019/Winter 2020 programs opens on August 14, 2019 at 8:00AM.

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 Paraspport: 780-248-1981
 Functional Electrical Stimulation: 780-492-8339
 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-F 8:00am-4:00pm (closed 12:00pm - 1pm)

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

4. Online (select programs)

- Credit card only (Visa, Mastercard, and/or American Express).
- Login with your ID and Pin Number
- <https://www.activityreg.ualberta.ca>

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 program 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.



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.

Date	Time	Location	Cost
Sept 3-Dec 23, 2019	M/W/F 8:00am - 5:30pm T/Th 10:00am - 4:30pm	The Steadward Centre 1-645	\$122
Jan. 2-Apr 24, 2020	M/W/F 8:00am - 5:30pm T/Th 10:00am - 4:30pm	The Steadward Centre 1-645	\$122
Sept 3, 2019-Sept 3, 2020	M/W/F 8:00am - 5:30pm T/Th 10:00am - 4:30pm	The Steadward Centre 1-645	\$300

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.

Time	Location	Cost
M/W/F 8:00am - 5:30pm T/TH 10:00am - 4:30 pm	The Steadward Centre 1-645	\$52

INSTRUCTIONAL 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.

Date	Time	Location	Cost
Call 780-492-9236 to book (M-F only)		The Steadward Centre 1-645	\$75

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.

Date	Time	Location	Cost
New Participant Package			
Call 780-492-9236 to book (M-F only)		The Steadward Centre 1-645	\$370
Returning Participants			
Call 780-492-9236 to book (M-F only)		The Steadward Centre 1-645	\$320

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.

Information	Cost
Call 780-492-9236 to book (M-F only)	\$75

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. No classes Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9353	Sept 17-Dec 5, 2019	T 10:00am-11:00am	The Steadward Centre	\$44
9354		Th 10:00am - 11:00am		
9402	Jan 21-Apr 2, 2020	T 10:00am-11:00am	Studio 1-635	\$40
9401		Th 10:00am - 11:00am		

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. No classes Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9355	Sept 17-Dec 5, 2019	T 11:00am-12:00pm	The Steadward Centre	\$44
9356		Th 11:00am-12:00pm	Studio 1-635 Fitness Centre 1-645	

Course ID	Date	Time	Location	Cost
9403	Jan 21-Apr 2, 2020	T 11:00-12:00pm	The Steadward Centre	\$40
9404		Th 11:00-12:00pm	Studio 1-635 Fitness Centre 1-645	

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 Oct. 14, Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9357	Sept 16-Dec 6, 2019	M 11:00am - 12:00pm	The Steadward Centre	\$35
9358		M 1:00pm - 2:00pm	Studio 1-635 Fitness Centre 1-645	
9359		F 1:00pm - 2:00pm	Studio 1-635 Fitness Centre 1-645	
9406	Jan 20-Apr 3, 2020	M 11:00am - 12:00pm	The Steadward Centre	\$35
9405		M 1:00pm - 2:00pm	Studio 1-635 Fitness Centre 1-645	
9407		F 1:00pm - 2:00pm	Studio 1-635 Fitness Centre 1-645	

BALANCING YOUR BODY

This 60 minute class will focus primarily on improving balance and falls training. Participants will go through a series of exercises and drills each week to improve balance and increase confidence around falls and potential injuries from falls.

Course ID	Date	Time	Location	Cost
9408	Jan 24-April 3, 2020	F 11:00am-12:00pm	The Steadward Centre	\$40

INSTRUCTIONAL PROGRAMMING - STUDENT LED

PHYSICAL ACTIVITY LED BY STUDENTS (PALS)

With this package you will get ten 60-minute fitness sessions with a student who is under the supervision of one of our APA Consultants. These structured sessions will help you achieve your fitness goals while enjoying the company of your PAL. Please note that if you are new to the PALS program a preliminary fitness assessment is required. Subject to student availability. No classes Oct. 14, Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9360	Sept 16-Dec 6, 2019	M 2:00pm-3:00pm	The Steadward Centre	\$150
9369		T 10:00am-11:00am		\$165
9361		T 11:00am-12:00pm	Fitness Centre 1-645	
9362		T 1:00pm-2:00pm		
9364		T 2:00-3:00pm		
9366		Th 10:00am-11:00am		

Course ID	Date	Time	Location	Cost
9363	Sept 16-Dec 6, 2019	Th 11:00am-12:00pm	The Steadward Centre	\$165
9367		Th 11:00am-12:00pm		
9368		Th 2:00pm-3:00pm	Fitness Centre 1-645	
9365		F 2:00pm-3:00pm		
9409	Jan 21-Apr 3, 2020	T 10:00am-11:00am	The Steadward Centre Fitness Centre 1-645	\$150
9417		T 11:00am-12:00pm		
9418		T 1:00pm-2:00pm		
9411		T 2:00-3:00pm		
9415		W 2:00-3:00pm		
9413		Th 10:00am-11:00am		
9410		Th 11:00am-12:00pm		
9416		Th 1:00pm-2:00pm		
9414		Th 2:00pm-3:00pm		
9412		F 2:00pm-3:00pm		

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.

Information	Location	Cost
Call 780-248-2070 to book your assessment	1-26 Corbett Hall 8205 114 Street NW	\$60

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.

Information	Cost
Call 780-492-8339 to book your appointments.	\$75

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).

Date	Days	Cost
Sept 3-Dec 23, 2019	M/W/F	\$368
	T/R	\$256

Date	Days	Cost
Jan 2-Apr 24, 2020	M/W/F	\$368
	T/R	\$264

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 Oct. 14, Nov. 11, or Feb. 17.

Course ID	Date	Time	Location	Cost
9419	Sept 16- Dec 4, 2019	M/W 3:30pm- 4:30pm	High Performance Training Centre (Saville Community Sports Centre)	\$330
9420		M/W 4:30pm- 5:30pm		
9421		M/W 5:30pm- 6:30pm		
9422	Jan 13-Apr 1, 2020	M/W 3:30pm- 4:30pm	High Performance Training Centre (Saville Community Sports Centre)	\$345
9423		M/W 4:30pm- 5:30pm		
9424		M/W 5:30pm- 6:30pm		

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.

Course ID	Date	Time	Location	Cost
9374	Sept 16-Dec 4, 2019	T 4:30pm- 6:00pm	The Steadward Centre	\$150
9375		T 6:00pm- 7:30pm		
9377		Th 4:30pm- 6:00pm		
9378		Th 6:00pm- 7:30pm		
9438	Jan 13-Apr 1, 2020	T 4:30pm- 6:00pm	Fitness Centre 1-645	
9437		T 6:00pm- 7:30pm		
9439		Th 4:30pm- 6:00pm		
9425		Th 6:00pm- 7:30pm		

PARA-ATHLETICS (10+ YEARS OLD)

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.

Please note that practices will not occur on the weekends that there are competitions. The coach will notify you of these dates.

Please see the attached page for the complete listing of Para Athletics programs and the associated fees.

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. No classes Oct. 14, Nov. 11, or Feb. 17.

* = Performance Group Registration Only

Course ID	Date	Time	Location	Cost
9379	Sept 16-Dec 7, 2019	M 7:30pm-9:00pm	U of A West Pool	\$125
9380		Th 7:00pm - 8:00pm		
9381		Th 8:00pm -9:00pm		
9383		*Th 7:00pm - 9:00pm		\$150
9382		*F 4:00pm - 5:00pm	U of A East Pool	
9384		*Sa 9:00am - 10:00am		

Course ID	Date	Time	Location	Cost
9440	Jan 6-Apr 4, 2020	M 7:30pm-9:00pm	U of A West Pool	\$150
9445		Th 7:00pm - 8:00pm		
9442		Th 8:00pm -9:00pm		
9441		*Th 7:00pm - 9:00pm		\$162.50
9443		*F 4:00pm - 5:00pm	U of A East Pool	
9444		*Sa 9:00am - 10:00am		

PARA-SWIM TEAM REGISTRATION FEE

Each swimmer will need to pay a Swim Alberta Registration fee whether they are competing or not. This fee ensures all necessary insurance and regulations are met through Swim Alberta.

Course ID	Group	Fee
9448	Performance Group	\$266
9447	Development Group	\$41



Fee Structure 2019 - 2020

The training year is covered as September through to August. Athletes will be invited to a registration evening on the first Tuesday following the Labor Day Long Weekend, where they will receive a tentative calendar outlining training for the season.

1 – 2 training camps will be offered during the year, which will require a separate registration to attend.

Para-athletics Programming

The Steadward Bears offers coaching & programming from grassroots to high performance sport. Para-athletes may choose to participate in the Development or Performance Group as best fits their personal para-athletics goals. Indoor season training will be held in the Butterdome and outdoor season training will be held at Foote Field and/or various other locations (ex. Emily Murphy Park). Strength and conditioning will take place in The Steadward Centre on Monday evenings from 6:00 – 7:00PM.

Development:

In this group athletes train 1 day per week at the track and 1 day per week in the gym. Training will focus on a combination of event specific training and general fitness.

Track Meet Fee (9459): \$50 Please note: This fee is paid once per year for entry to one track meet per season.

Athletics Alberta Fee (9457): \$50 Please note: The Athletics Alberta fee is paid once per year.

Course ID	Date	Cost
9449	Full Year	\$500
9450	Outdoor (May – August)	\$180
9451	First time athlete (10 weeks)	\$150

Performance:

In this group athletes train 1 - 2 days per week at the track and 1 day per week in the gym. A comprehensive training plan including event specific training and general strength and conditioning will be developed for each individual athlete.

GGTFC Fee (9458): \$400 Please note: The GGTFC fee is paid once per year.

Athletics Alberta Fee (9457): \$50 Please note: The Athletics Alberta fee is paid once per year.

Course ID	Date	Cost
9452	Full Year	\$765
9453	Outdoor (May – August)	\$360



Fee Structure 2019 - 2020

High Performance:

In this group athletes train up to 4 days per week. A comprehensive training plan including event specific training and strength and conditioning will be developed for each individual athlete.

GGTFC Fee (9458): \$400 Please note: The GGTFC fee is paid once per year.

Athletics Alberta Fee (9457): \$50 Please note: The Athletics Alberta fee is paid once per year.

Course ID	Date	Cost
9454	Full Year	\$1620
9455	Outdoor (May – August)	\$540

Cross Training

Are you a parasport athlete looking to increase your speed or endurance in order to improve your athletic performance or general fitness? Join us at any time of the year for a customized program!

Email mciesiel@ualberta.ca for available times and to book.	10 x 90 minute sessions	\$150
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Remote Coaching

Looking to train for Para-athletics, but no coach available in your community? This remote program is for you! Includes a comprehensive event specific training plan, frequent email feedback, and 30 minute update phone calls to ensure we stay up to date with your progress (call occurs at your request). When visiting Edmonton you may drop by practice and train with the team (up to 6 practices).

Course ID	Date	Cost
9456	Full Year	\$765

Equipment

Ask to see a list of equipment available to loan. Cost of equipment rental is separate from program fees.



FREE2BME

GROUP PROGRAMS

RIVER VALLEY ADVENTURE (8-14 YEARS OLD)

Come out to explore Edmonton's River Valley and Parks while the weather is nice, then move indoors to play a range of sports! This program will start outdoors, rain or shine, to explore the university area. Once the days get shorter and we lose the light we'll start playing sports inside!

Please note the program runs from 6:30-8 but drop-off time will be 6:15-6:30 and pick-ups must arrive by 7:45. The location for drop-off and pick-up will be the main parking lot of Emily Murphy Park. No classes Nov. 13 or Feb. 19.

Course ID	Date	Time	Location	Cost
9390	Sept 18-Dec 3, 2019	W 6:15pm-8:00pm	The Steadward Centre	\$137.50

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 classes Oct. 14, Nov. 11, or Feb. 17.

Course ID	Date	Time	Location	Cost
9389	Sept 16-Dec 2, 2019	M 5:00pm-6:00pm	The Steadward Centre	\$125
9397	January 20-March 30, 2020			

ARCTIC ADVENTURE (7-12 YEARS OLD)

Build your physical literacy through winter games and sports! This program will take place outdoors at various locations on campus, with potentially days at McKernan or Saville Centre. Participants will learn the basics of sports and activities such as snowshoeing, ice-skating, broomball, and other activities that make winter so much fun!

Course ID	Date	Time	Location	Cost
9461	Jan 22-Apr 1, 2020	W 6:15pm-8:00pm	The Steadward Centre	\$125

TEEN FITNESS FUN (13-29 YEARS OLD)

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. No classes Nov. 14 or Feb. 20.

Course ID	Date	Time	Location	Cost
9391	Sept 19-Dec 5, 2019	Th 6:30pm-8:00pm	The Steadward Centre	\$137.50
9396	Jan 23-Apr 2, 2020			\$125

INDIVIDUAL (1:1) PROGRAMS**FREE2ACHIEVE - PHYSICAL ACTIVITY LED BY STUDENTS (PALS) (4-12 YEARS OLD)**

Free2Achieve offers fun and engaging sessions with senior level University Students. During these sessions you will work to achieve your personal physical activity and physical literacy goals. **NEW THIS TERM:** Opportunity to work in groups with others to enhance social skills and game play skills. Sessions will be 45 minutes - 1 hour. No classes Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9387	Sept 17-Dec 4, 2019	T/Th 4:00-5:15pm	The Steadward Centre	\$82.50
9394	Jan 21-Apr 2, 2020			\$75

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. Up to ten-30 minute sessions to be completed over an 11 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

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 classes Oct. 14, Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9385	Sept 16-Dec 5, 2019	Call for available times/days	The Steadward Centre	\$100
9392	Jan 20-Apr 3, 2020			

FITNESS PHYSICAL ACTIVITY LED BY STUDENTS (PALS) (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. Please select a 60 minute time slot on one day when registering for this program. Call (780)492-3182 to register or inquire about available times. No classes Oct. 14, Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9468	Sept 16-Dec 3, 2019	M/W 3:00pm-6:00pm	The Steadward Centre	\$165
9465	Jan 20-Apr 1, 2020			\$150

FITNESS 1:1 (12-19 YEARS OLD)

Work with a Free2BMe consultant to achieve your motor skill goals, whatever that may be! Come enhance your physical literacy through individualized sessions that challenge and build your confidence and competence. Up to ten 60 minute sessions to be completed over an 11 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability. Please select a 60 minute time slot on one day when registering for this program - time slots are subject to staff availability. Call (780)492-3182 to register or inquire about available times. No classes Oct. 14, Nov. 11-15 or Feb. 17-21.

Course ID	Date	Time	Location	Cost
9466	Sept 16-Dec 5, 2019	Call for available times/days	The Steadward Centre	\$220
9467	Jan 20-Apr 3, 2020			\$200

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 registration office 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 is also available in this lot.
 - The Steadward Centre stalls are denoted by an accessible symbol. All TSC pass holders are to park in those stall 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

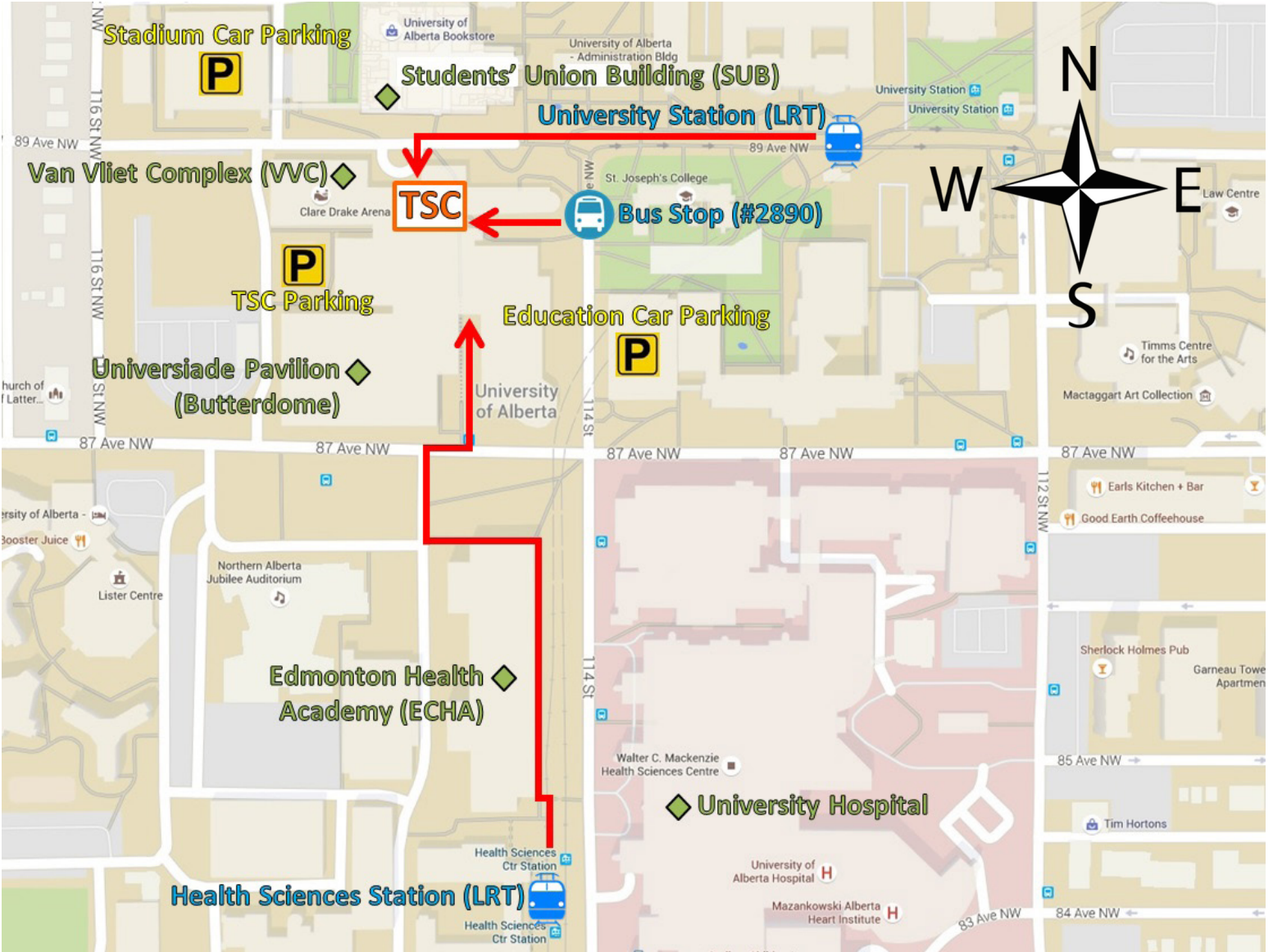
- Follow the concourse to the 89th ave/ Dentist Pharmacy exit and take the elevator up. Head outside.
- Once outside, head straight down the sidewalk (west) towards the Van Vliet Complex.
- Cross the bus lane and continue following the sidewalk. It will turn into a car path and The Van Vliet Complex 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.

Participant Registration Form

Date: _____

PARTICIPANT INFORMATION

Name: _____

Address: _____

City: _____ Postal Code: _____

Main Phone Number: _____ Alternate Number: _____

Email Address: _____ Would you like to receive email correspondence: Yes No

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.

Medication	Dosage	Reason for Prescription

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 ... ➤➤

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)? DAYS/
WEEK
 - 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? MINUTES/
DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: MINUTES/
WEEK

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).



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.



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



Sign and date the Declaration below



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.



<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date	Email (optional)	Telephone (optional)

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/Trustee

Address

Address of Parent/Trustee (if different from participant)

City

Postal Code

City

Postal Code

Telephone Number

Telephone Number

I authorize The Steadward Centre for Personal & Physical Achievement, an academic centre that is part of The Governors of the University of Alberta, 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 further understand 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, such as episodes of transient light headedness, loss of consciousness, abnormal blood pressure, chest discomfort, leg cramps, and nausea. I acknowledge these risks have been explained to me, I have had full opportunity for discussion of them, and I freely accept and assume those risks. I recognize and agree that it is my obligation to discontinue any exercise and immediately inform the appraiser if I experience any pain, discomfort, fatigue, or any other similar and/or related symptoms.

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 Governors of the University of Alberta (the "University"), The Steadward Centre for Personal & Physical Achievement (the "Centre"), and their directors, employees, agents, volunteers, members and representatives from any and all liability, action, causes of action, claims and demands for upon or by reason of any damage, loss or injury to person and property which I hereafter may sustain/incur as a result of my assessment or participation in a physical activity program at the Centre.

I acknowledge I that have read and understood this Agreement before signing it, that I understand the fitness appraisal and/or physical activity program in which I will be engaged, that I consent to participate in this physical activity session(s), and that I have signed this Agreement voluntarily and intend for it to be binding upon myself, my heirs, executors, administrators, and representatives. I am aware that all personal information collected as it relates to my participation in Centre programs may be requested to be used for research purposes.

Signature of Participant (If Over Age 18)

Date

I am the parent or legally-appointed trustee of the Participant. I have read this Agreement, and I am signing it voluntarily in my role as parent/trustee. I understand the legal consequences of signing this document, including: (a) releasing the University and Centre from all liability on my and the Participant's behalf, (b) waiving my and the Participants' right to sue the University/Centre, (c) and assuming all risks of Participant's participation in this activity. I allow the Participant to participate in this activity. I agree to indemnify and save harmless the University/Centre from all claims, costs and liability which may arise as a result of participant's participation to the aforementioned program. I agree to indemnify and hold harmless the University/Centre from all claims, costs and liability which may arise as a result of participant's participation of the aforementioned program. I agree to be bound by the terms of this Agreement.

Signature of Parent/Trustee

Date

Signature of Witness

Date

Authorization to Reproduce Physical Likeness/Voice and Disclose Identity

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 (parent/guardian required if
under age 18)

Date