

# Community Development Classes

*Gain confidence, train your technique, and challenge your body.*

This 10 week course is designed to support participants experiencing disability gain the skills and confidence needed to be active independently in a community setting. With the help of volunteers and staff, participants of various fitness levels will learn the components of a successful workout. At the end of 8 weeks participants have the opportunity to visit a community facility of their choice to use the skills learned in the program.

**When:** Tues/Thurs

January 22– March 28 (10 weeks)

11:30 - 1pm (1.5 hours)

**Where:** Weeks 1-8 The Steadward Centre

Weeks 9-10 Facility of choice

**Cost:** \$150



*Launch your journey into fitness with the support of The Steadward Centre's Community Transition Program.*

*To register please contact Jessica @ (780)248-1981 or email [imppola@ualberta.ca](mailto:imppola@ualberta.ca).*

*Registration forms and payment are due by Friday January 18th, 2013.*