

Athlete in Training

Program Description

Athlete in training focuses on the development of strength and conditioning skills for individuals who are just starting out in a new sport, or who are participating regularly at a recreational level. [Registration form](#), [waiver](#) and [PAR-Q+](#) (all linked) should be completed.

Program Details:

Dates: Monday September 14 - Wednesday December 2, 2015

** Can choose to come one **or** two evenings / week **

Time: 6: 30 - 8:00 pm

Location: The Steadward Centre gym - U of A main campus.

Cost: 2 training days / week - \$175
1 training day / week - \$120

Course Codes: Monday and Wednesday **30862**
Monday only **30863**



* New Program* AIM for Sport

A new program offered in partnership with the Green & Gold Sport System's AIM Program.

Focus on exploring three Para-sports including **athletics, swimming and sitting volleyball** over the twelve week period. Qualified coaches and instructors will deliver the lessons each week, with the goal of building a strong general athletic foundation while enhancing competence and confidence in Para-sport.

Option to substitute one sport with fitness sessions if requested

Dates: Monday September 14 - Monday December 7, 2015

Time: 6: 30 - 8:00 pm

Cost: \$60

Course Code: **30930**

High Performance Para-Development Program

High Performance Para-Development program is designed for athletes currently competing at a provincial, junior national or national level. Athletes have been identified by their sport organization as emerging athletes in their chosen sport. ***Please talk to Kirsti to determine your suitability for this program. [Registration](#), [Waiver](#) and [PAR-Q+](#) should all be completed prior to the start of the program.***

Dates: Monday / Wednesday / Friday

Can choose to come Monday / Wednesday only

September 14 - December 4

Time: One hour training session discussed with Kirsti - between 3:00 - 6:00 pm.

Location: High Performance Training and Research Centre - Saville Community Sports Centre

Cost: Monday / Wednesday / Friday sessions - \$500
Monday / Wednesday sessions - \$350

Course Codes:

Monday / Wednesday / Friday: **30866**

Monday / Wednesday only: **30865**