

# FES Community Options - Greater Edmonton Area

<b>Saville Centre</b>	<b>Steadward Centre</b>	<b>YMCA - Castledowns</b>	<b>YMCA - Don Wheaton</b>
<b>Location: South Edmonton</b>	<b>Location: South Edmonton</b>	<b>Location: North Edmonton</b>	<b>Location: Downtown</b>
Carly Frenkel <a href="mailto:carly.frenkel@ualberta.ca">carly.frenkel@ualberta.ca</a> 780-492-7114	Allison Hunder <a href="mailto:infotsc@ualberta.ca">infotsc@ualberta.ca</a> 780-492-8339	Jasmyne Pedersen <a href="mailto:jasmyne.pedersen@ymcanab.ca">jasmyne.pedersen@ymcanab.ca</a> 780-377-3720	Allison Piper <a href="mailto:allison.piper@ymcanab.ca">allison.piper@ymcanab.ca</a> 780-969-8946

**FES Assessment - Please note that if you DO NOT have a current FES program already developed, you will need an FES assessment to build an FES bike program specific to you and your needs. Cost of this 2-hour assessment is \$153.**

FES Site	Cost	Baseline Level of Support	Scheduling	Extra Site Info
<b>Saville Centre*</b>	\$18/month	<ul style="list-style-type: none"> <li>- Machine set-up</li> <li>- Tensor wrapping</li> <li>- Connect pre-placed electrodes</li> <li>- Onsite storage of supplies</li> </ul>	<ul style="list-style-type: none"> <li>- Open Google Calendar or call 780-492-1701</li> <li>- Book appointments up to 1 week in advance</li> </ul>	- Saville fitness centre is located on 2nd floor, if low mobility we suggest a support person
<b>Steadward Centre</b>	2x/week = ~\$175-\$275 / 4 months 3x/week = ~\$250-\$400 / 4 months	<ul style="list-style-type: none"> <li>- Full set-up and take-down support</li> <li>- Onsite storage of supplies</li> </ul>	<ul style="list-style-type: none"> <li>- Participant commits to a consistent schedule for 4 months at a time, 2x or 3x/week</li> </ul>	<ul style="list-style-type: none"> <li>- Electrodes available onsite for purchase</li> <li>- FES includes access to all other gym equipment</li> </ul>
<b>YMCA - Castledowns*</b>	<a href="#">18-64 yr = \$33 biweekly</a> <a href="#">65+ yr = \$28 biweekly</a> Plus = \$58.75 biweekly	<ul style="list-style-type: none"> <li>- Onsite storage of supplies</li> </ul>	- Drop-in	- <a href="#">Financial assistance may be available</a>
<b>YMCA - Don Wheaton*</b>	<a href="#">18-64 yr = \$33 biweekly</a> <a href="#">65+ yr = \$28 biweekly</a> Plus = \$58.75 biweekly	<ul style="list-style-type: none"> <li>- Onsite storage of supplies</li> </ul>	- Drop-in	- <a href="#">Financial assistance may be available</a>

\* For Saville and YMCA sites, first year of fees (FES Assessment, FES riding fees, electrodes) will be covered by SCITCS for individuals with Spinal Cord Injury