

ADAPTED P.E. NEWSLETTER

NOVEMBER 2021



Hello All,

Our Fall 2021 classes have been well-attended. Thank you to everyone who has participated either in-person or in our Zoom classes! We appreciate your cooperation with the COVID safety rules. We've been able to keep all of our spaces safe and healthy. You are the reason we exist!! Priority registration for Spring 2022 begins on November 22. We will connect with all currently enrolled students and reach out to past students as well.

We will offer both **in-person and online (Zoom)** classes for spring. ALL students taking in-person classes must show proof of COVID vaccine. If you have a medical or religious exemption you will still be required to complete weekly COVID testing at SRJC to attend class. Students may get FREE vaccines scheduled at SRJC. To make an appointment for vaccination call 707-527-4229 or email studenthealthservices@santarosa.edu

If you have any questions, contact us and we'll assist you: 707 527- 4470 or email adaptedpe@santarosa.edu

SPRING 2022 Classes begin JANUARY 19 and end MAY 19, 2022

Class	Day	Time	Instructor	Location
APE 709 #5523 - Body Conditioning	MW	10:30-12pm	David Sereni	Gym 999
APE 710 #7086- Pilates	MW	12:00 – 1:30pm	Camilla Cinquini	APE 652 or Zoom
APE 701 #5899 – Swim	MW	12:00 – 1:30pm	Charlene Wonpat	Quinn Pool
APE 710 #5547 - LAB	MW	1:30 – 3:00pm	Camilla Cinquini	APE 652
APE 710 #4705 – Lab	MW	3:00 – 4:30pm	Camilla Cinquini	Zoom
APE 709 #8845- Body Conditioning	TTH	10:30-12:00pm	Charlene Wonpat	Gym 999
APE 701 #4697 – Swim	TTH	12:00 -1:00pm swim time	Charlene Wonpat	Quinn Pool
APE 701 #8841 – Swim	TTH	1:30-2:30pm swim time	Ryan Mowbray	Quinn Pool
APE 709 #4940 – LAB	TTH	3:00 – 4:30pm	Ryan Mowbray	APE 652

WANT TO HELP OUT ADAPTED PHYSICAL EDUCATION?

We'd like to take a moment to say **THANK YOU** to our current donors and remind you that donations to the Adapted P.E. Program keep our program going strong. Donations help pay for our Internship Program, equipment maintenance, supplies and annual awards. There are three ways to donate:

1. Donate online [Click Here](#)
2. You may give a donation in a sealed envelope to your Adapted PE instructor
3. Make out a check to "SRJC Foundation" and mail it to:

SRJC Foundation
Adapted P.E. Account #6029-3002
1501 Mendocino Ave.
Santa Rosa, Ca 95401

*Happy Holidays from the Adapted P.E. Team!
Avery, Camilla, Charlene, David, Desiree, Jazz, Nick, Ryan & Tara*