

ADAPTED P.E. NEWSLETTER

SPRING 2021

Hello All,

Well, what a year it's been. Much appreciation to all of you who have stuck with us during our "COVID Days". We know it wasn't easy for everyone to take advantage of online learning. Special thanks to the extra hard work from our team: Avery, Camilla, Charlene, Desiree, Nick, Paul, & Ryan! You have all really stepped up to make this work!

SUMMER 2021 CLASSES June 14 – July 22

As many of you already know, Summer 2020 will remain in remote mode. We are only offering Body Conditioning and Lab classes during summer but it's going to be F-U-N FUN!!

Class	Day	Time	Instructor	Location
APE 709 – Body Conditioning #8895	MW	9:00 – 11:00 am	Paul Comish	Online
	TTH	9:00 – 11:00 am	Charlene Wonpat	Online
APE 710 – Lab #8277	MW	11:00 – 1:00pm	Paul Comish	Online
	TTH	11:00 – 1:00pm	Charlene Wonpat	Online

Registration is happening now! Contact us and we'll help you get enrolled: 707 527-4470 or adaptedpe@santarosa.edu

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**
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

FALL 2021 CLASSES August 16 – Dec 11

Great news! We will be able to offer some of our classes IN-PERSON! In order for this to happen, we must follow these guidelines:

- ☐ One-way traffic patterns for entrance & exit
- ☐ COVID symptoms & temperatures checked on arrival
- ☐ PPE worn at all times (unless in pool)
- ☐ Frequent hand washing
- ☐ Use of toilets/sinks but no lockers or showers
- ☐ Social Distancing enforced
- ☐ High Traffic areas cleaned frequently
- ☐ Equipment & Hoyer-lift cleaned frequently

We cannot mandate Covid-19 vaccines for students but we **STRONGLY** encourage you to get vaccinated before classes begin. Students may get **FREE** vaccines scheduled at SRJC. To make your appointment for vaccination please contact 707-527-4229 or via email swc@santarosa.edu.

The fall schedule should be available online by May 24th. Registration for fall begins June 7th. Contact us and we'll help you get enrolled: 707 527-4470 or adaptedpe@santarosa.edu

Class	Day	Time	Instructor	Location
APE 709 - Body Conditioning #0681	MW	10:30-12pm	David Sereni	Gym 999
APE 710 – Pilates #0819	MW	12:00 – 1:30pm	Camilla Cinquini	Online
APE 701 - Swim #0674	MW	12:00 – 1:30pm	Charlene Wonpat	Quinn Pool
APE 710 - LAB #2533	MW	1:30 – 3:00pm	Camilla Cinquini	Online
APE 710 – Lab #0432	MW	3:00 – 4:30pm	Camilla Cinquini	Online
APE 709- Body Conditioning #0679	TTH	10:30-12:00pm	Charlene Wonpat	Gym 999
APE 701 – Swim #0676	TTH	12:00 -1:00pm swim 1:00-1:30 outside pool exercise	Charlene Wonpat	Quinn Pool
APE 701 – Swim #0675	TTH	1:30-2:00pm outside pool exercise 2:00 – 3:00pm swim	Ryan Mowbray	Quinn Pool
APE 709 – Circuit Training #1900	TTH	3:00 – 4:30pm	Ryan Mowbray	APE 652

***Due to Covid regulations the following classes have additional information to consider:**

Swim time is shortened due to Covid safety measures.

For all **In-Person** classes, students must be independent for all transfers as no contact is allowed.

With much love & support from Tara J. Johnson & the Adapted P.E. Team!