

ABOUT OUR PROGRAM

Adapted Physical Education includes a broad range of courses to meet the fitness needs of students with disabilities

- Courses designed to support personal fitness goals
- Individual and group instruction
- Classes offered on campus in an accessible gym and pool, as well as online via Zoom

Courses include

- **PEA 1:** Total Fitness
- **PEA 2:** Strength Development
- **PEA 4:** Cardiovascular Training
- **PEA 5:** Aquatic Exercise
- **PEA 15:** Aerobic Swimming

Cost Per Course

Fall, Winter and Spring

- \$89.75 for one class,
\$31 for each additional class
 - \$31 – registration fee per unit (each class is 1 unit)
 - \$58.75 – other student fees for up to 5.9 units

Summer

- \$72.25 for one class,
\$15.50 for each additional class
 - \$15.50 – registration fee per half-unit (each class is ½ unit)
 - \$56.75 – other student fees for up to 5.9 units

FINANCIAL AID

- Grants may be available for eligible students
- For more information:
deanza.edu/financialaid

REGISTER NOW

To get started, visit
deanza.edu/dsps/ape/registration



Questions?

- ape@deanza.edu
- 408.864.8978

Schedule a Tour!

Visit deanza.edu/dsps/request_tour



Adapted Physical Education
De Anza College
21250 Stevens Creek Blvd.
Cupertino, CA 95014

DeAnza College



**ADAPTED
PHYSICAL
EDUCATION**



**Fitness for Everyone!
Programs Designed for
People With Disabilities**

CHECK OUT OUR FACILITIES!

Accessible Gymnasium

- **Specially designed** for students with disabilities
- Students get **equipment orientation** and **individualized exercise program**
- **Trained staff** available to advise on **proper techniques** to reach personal goals

Classes held Monday-Friday

- 9 a.m.-2 p.m.
- **Independent** and **group exercise** options

New Equipment

- Wheelchair-accessible strength equipment
- Standing frames
- MOTOMeds
- Parallel bars/stairs
- Recumbent steppers
- Treadmills
- Recumbent bikes
- And more!



Aquatics

- Build **strength, flexibility** and **cardiovascular** endurance
- Enjoy **music** and **fresh air** during **low-impact** training
- **Heated** Olympic-size pool

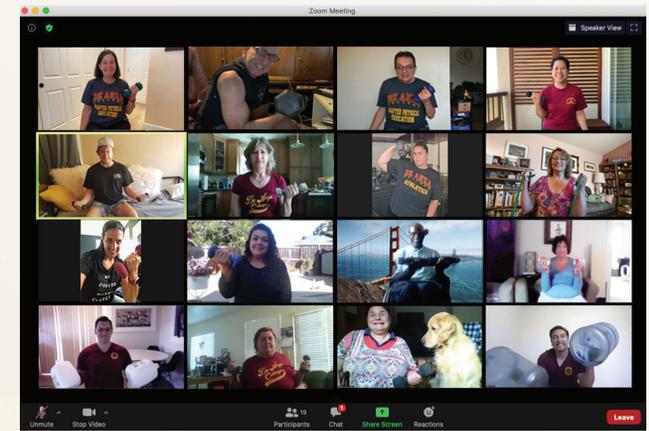


Choose from

- Lap swim
- Aqua jog
- Water aerobics
- Shallow-water resistance training

Featuring

- Aquatic equipment to modify exercises for **any fitness level**
- **Chair lift** and **ADA stairs** for safe and convenient access
- **Locker room** for changing and showering
- **Personal locker** – bring your own lock



Online Classes

Classes on **Zoom** for students who prefer to **attend from home**

- **Seated and standing** exercises
- Increase **strength**, cardiovascular endurance, **balance** and **flexibility**
- The **only equipment** needed is a stable chair!

APE Assistance

- Trained staff can assist with individualized exercise programs
- Contact us for more information!

