

CHECK OUT OUR FACILITIES!

Accessible Gymnasium

The PE 13 gymnasium is specially designed for students with disabilities. All students are given equipment orientation and an individualized exercise program. Trained staff are available to advise students on proper techniques to reach personal fitness goals.

- Classes are held Monday-Friday, 9:00 a.m. - 2:00 p.m.
- Independent and group exercise options available

We have

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



Aquatics

Aquatics classes can help build strength, increase flexibility, and improve cardiovascular endurance. Enjoy music and fresh air with low-impact training for muscles and joints in the heated olympic size pool! Choose from

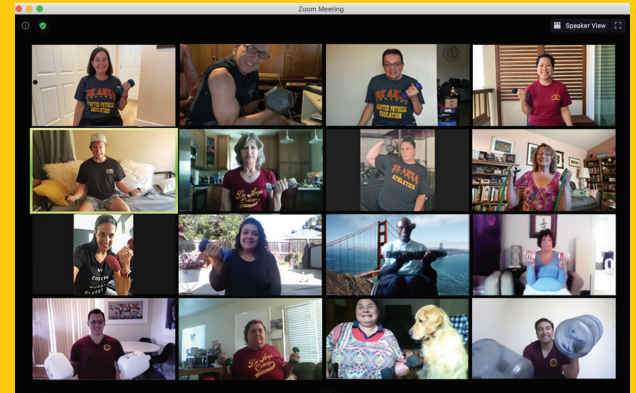
- Lap swim
- Aqua jog
- Water aerobics
- Shallow-water resistance training

Students have access to

- Aquatic equipment to help modify exercises to any level of fitness
- Chair lift and ADA stairs for safe and convenient pool entrance
- Locker room for changing and showering
- Personal locker for the quarter (bring your own lock)



SCAN FOR MORE INFO!



Online Classes

We offer online instruction via Zoom for students who prefer to take courses at home. The only equipment required is a stable chair!

- Remote classes include seated and standing exercises
- Increase strength and improve cardiovascular endurance, balance and flexibility

APE Assistance

The Adapted Physical Education program has trained staff members who can assist students in carrying out an individualized exercise program. Contact us for more information.



About APE

The Adapted Physical Education Program at De Anza College offers a broad range of courses to meet the fitness needs of students with disabilities.

- Courses are designed to support personal fitness goals through individual and group instruction, as appropriate
- Classes are held 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:

- \$84.75 for one class, \$31 for each additional class

Fees include

- \$31 – registration fee per unit (each course is 1 unit)
- \$53.75 – one-time campus fees (same for up to 5.9 units)

Summer:

- \$67.25 for one class, \$15.50 for each additional class

Fees include

- \$15.50 – registration fee per half-unit (each course is ½ unit)
- \$51.75 – one-time campus fees (same for up to 5.9 units)

Financial Aid Available

Grants may be available for eligible students. Contact the Financial Aid Office for more information at:
www.deanza.edu/financialaid

Register for APE Classes

Get started with APE fitness

Scan Me



Or Visit:

www.deanza.edu/dsps/ape/registration

Questions?

Contact us at ape@deanza.edu or call:

Information: **408.864.8978**

Registration: **408.864.8885**

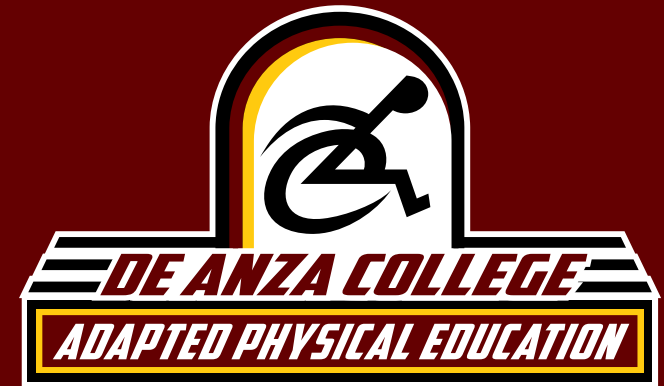
APE Program Tours

Schedule your visit at:

www.deanza.edu/dsps/request_tour.html



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



**DISABILITY SUPPORT
PROGRAMS AND SERVICES**