Equipment
Adapted P.E. and Adapted Aquatics classes use a variety of equipment.

In the Adapted Physical Education Center, equipment includes:

- Treadmills
- Flexicisers
- Recumbent bicycles
- Arm ergometers
- Stand-aids
- Nu-Steps

In the pool, equipment includes:

- Aqua joggers
- Water resistance paddles
- Wheelchair accessible ramp, pool lift and chairs for transport into the pool
- Wrist weights
- Hydrotone bells

Take a look at a successful future.
Take a look at Citrus College.
You're invited to visit our campus to see for yourself what Citrus College has to offer. For more information, contact the following departments:

- Admissions and Records: (626) 914-8511
- Counseling and Advisement Center: (626) 914-8530 Voice/TDD
- DSP&S: (626) 914-8675

The Adapted PE Access drop-off and pick up stand, as well as accessible parking is located just outside of the Adapted PE Center building AP 109, the Fitness Center. The building is located in the center of campus, next to the tennis courts north of the pool.
The Adapted Physical Education KIN 150 and Adapted Aquatics KIN 148

Located in the Adapted Physical Education Center, the class offers an open gym atmosphere with exercise machines that have been modified to accommodate various types of disabilities.

In addition, your progress is monitored on an individual basis, checking blood pressure if needed, as well as your strength, endurance and flexibility.

DSP&S: Disabled Students Programs and Services

DSP&S offers priority registration and counseling appointments; to schedule call (626) 914-8675. Many students enhance the physical functioning of their bodies by participating in the Adapted Physical Education Program and find academic success is dependent upon a healthy mind and body. Students benefit by staying physically strong while being better able to successfully maneuver though their college classes both physically and mentally. They are healthier and have the opportunity to interact with others and develop a social network of students on campus with similar interests. Those who participate in an exercise program develop and maintain strength, endurance, and stamina which enhances their academic success. While achieving academically they have the benefit of exercise to help maintain a healthy lifestyle. Adapted PE and Adapted Aquatics classes are offered year-round.

Eligibility Requirements:
All students need to be capable of communicating their needs as well as have the ability to follow directions independently. Students may be required to provide an attendant to assist with personal needs as well as in class activities. A current medical release/disability verification is required. Go the www.citruscollege.edu website A-Z index and scroll to the Adapted Physical Education Program webpage for additional information regarding class requirements or to download forms.

Applying to Citrus College Online

To access a Citrus College application for admission, visit www.citruscollege.edu and click “WingSpan.” The “Apply for Admission—New and Former Students” link will direct you to instructions on how to apply. A link to the application for admission can also be found in that section.

Individualized Programs

If you decide to take an adapted physical education or adapted aquatics class, you will benefit from an individualized program designed for your specific physical capabilities. A team effort contributes to the success of the adapted physical education and aquatics classes. To get the most out of your exercise program, you will receive help from the instructor and student aides in the circuit area.

We're Here To Serve You!

The Adapted Physical Education Center (AP 109) is located in the center of campus, adjacent to the tennis courts.

For more information on adapted physical education classes KIN 150, call Steve Hartman: (626) 914-8685

For more information on adapted aquatics classes KIN 148, call Cheryl Swatek: (626) 852-6464