

**ADAPTIVE PHYSICAL EDUCATION**

**ADAPT 90 Adaptive Swimming** 

For physically limited students, includes basic swimming strokes and watermanship skills, with adaptations necessary to circumvent physical disability. Repeatability: May be taken 4 times for credit.

*Transfer Credit:* CSU; UC with limits. Any or all PE activity courses combined: maximum credit—4 units.

Section	Days	Times	Units	Instructor	Room
55055	MW	12:40PM-02:10PM	2.00	M.Witzig	POOL
&	F	12:40PM-01:45PM		C.Brezner	POOL
55056	TTH	12:40PM-02:10PM	1.50	C.Brezner	POOL
55054	F	12:40PM-01:45PM	0.50	C.Brezner	POOL

**ADAPT 91 Adaptive Bowling** 

Techniques of bowling from a wheelchair with a variety of adaptations to circumvent disabilities. Repeatability: May be taken 4 times for credit.

*Transfer Credit:* CSU; UC with limits. Any or all PE activity courses combined: maximum credit—4 units.

Section	Days	Times	Units	Instructor	Room
55057	M	02:30PM-04:40PM	1.00	M.Witzig	OFFCAM

For physically limited students. Meets at Boardwalk Bowl, 115 Cliff St., Santa Cruz.

**ADAPT 93 Exercise and Fitness—Adaptive** 

For physically limited students, a variety of special equipment designed to increase strength, endurance, feasibility, and cardiovascular conditioning is available. Repeatability: May be taken 4 times.

*Transfer Credit:* CSU; UC with limits. Any or all PE activity courses combined: maximum credit—4 units.

Section	Days	Times	Units	Instructor	Room
55062	MW	09:30AM-11:00AM	1.50	M.Witzig	1112A
55064	MW	09:30AM-11:00AM	1.50	C. Brezner	STADIUM
Section 55064 includes aerobics and sports development. Meets in the football stadium.					
55063	TTH	09:30AM-11:00AM	1.50	M.Witzig	1112A
55058	TTH	10:05AM-11:10AM	1.00	C.Brezner	1101
55065	MW	11:10AM-12:15PM	1.00	C. Brezner	1118
First class meeting in Athletic Training Room in the gym. Emphasis on flexibility and balance.					
55060	MW	11:10AM-12:40PM	2.00	M.Witzig	1112A
&	F	11:10AM-12:15PM		C.Brezner	1112A
55059	TTH	11:10AM-12:40PM	1.50	C.Brezner	1112A
55066	TTH	11:10AM-12:40PM	1.50	M. Witzig	1118
Emphasis on ambulation and balance. Body core components.					
55061	F	11:10AM-12:15PM	0.50	C.Brezner	1112A

**Related Class:**

**DANCE 79F Adaptive Dance**