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Los Angeles Valley College
Adapted Physical Education Center
Exercise your options with LAVC’s Adapted PE Program.

It can be a real challenge to stay fit and active. If you have a physical disability, that challenge may be multiplied many times over.

Los Angeles Valley College (LAVC) has an innovative Adapted Physical Education program that is designed to motivate you, maximize your physical potential, and provide you with a safe and secure workout—regardless of your disability or limitation. The facility and services are part of the college’s Services for Students with Disabilities (SSD) department, and are available to students who meet the qualifications for these special services.

LAVC’s Adapted PE program is for students with disabilities who would benefit from physical conditioning and exercise in an environment personalized to their special needs. This program is for you if you qualify for services from SSD and you:

- Have a temporary or permanent disability that requires you to use a wheelchair, walker, or crutches
- Could benefit from water-based, low-impact exercises to increase muscle strength
- Have a physical condition (such as back problems, arthritis, or osteoporosis) that requires special guidance or supervision during exercise
- Need to improve your strength, endurance, and mobility in a more personalized and supervised setting

A gym just for you

The home of LAVC’s Adapted PE program is the Adapted Physical Education Center, a separate, state-of-the-art gym exclusively for students with disabilities. This 5,000-square-foot facility is a bright sunny space with equipment that makes it possible for almost anyone to enjoy the benefits of exercise.

The Center is equipped with apparatus for weight training, overall body conditioning, upper body strength, and general physical fitness. Special adapted equipment enables students in wheelchairs to follow a regular course of strength-building exercise without transferring from their chairs. The equipment has removable benches that allow convenient access by anyone. The Center also has conventional exercise equipment, such as treadmills and weight machines.

We offer a variety of exercise programs geared toward improving cardiovascular fitness, muscular strength, endurance, flexibility, and balance. Each eligible student is guided by an Adapted PE instructor who is trained specifically to adapt or modify conventional exercise to your particular physical needs and abilities.

Come in, the water’s fine!

Adjacent to the Adapted PE Center is a spacious, heated swimming pool with a hydraulic chair to smoothly transfer students who use wheelchairs into the water. Its shallow depth is ideal for swimming instruction and aquatic exercise as well as recreational swimming. A lifeguard is on duty whenever the pool is open. Flotation devices are available to anyone who needs them.

A team of Adapted PE trainers

Adapted PE classes are taught by instructors specially trained to design exercise and fitness programs for people with a range of physical disabilities. This team will work with you and your doctors to develop a personal physical fitness plan designed to keep you interested and motivated, and help you to achieve your specific fitness goals.

Eligibility to enroll in Adapted PE classes

Enrollment in the LAVC Adapted PE program is limited and requires a medical authorization and detailed description of your limitations from your physician. For more information about this program, contact the SSD Office in Room 175 of the Student Services Annex. All class units from Adapted PE courses are transferable to a four-year university.

Where to find us

The Adapted PE Center is located in the North Gym near the intersection of Hatteras and Ethel Avenue. A map of the campus is available online at www.lavc.edu/map.

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**Location and hours**

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