



## HEALTH, FITNESS & SAFETY

2010-2011

ANNUAL REPORT

### FAST FACTS

- 409 classes offered
- 30 part-time or full time staff
- 1388 students served
- 100% of funding from fees

### PROGRAMS AND CLASSES

**Aquatics:** Offers a variety of classes in indoor and outdoor pool. The warm water program is extremely popular and fills up very quickly. Classes are offered in mornings, evenings and Saturdays. Teachers may hold advanced certifications depending on the class curriculum.

**CPR & First Aid Training Classes:** Includes 3 different levels of instruction. Special workshops for district staff are provided at a reduce fee. Most classes are taught on Saturdays. Instructors hold appropriate certifications.

**Exercise and Fitness:** Offers a wide range of specific exercise classes such as Aerobics, Weight training & Tai Chi. Classes are held in the mornings and evenings.

**Personal Health:** Offers classes in Meditation and Feldenkrais during the evening hours. Both classes have a faithful student clientele.

**Yoga:** Many different styles of yoga instruction are offered in the morning and evening hours to meet the needs of students. Some instructors hold advanced certification in their area of expertise. Some classes are very popular and have a waiting list.

**Team Sports:** Provides students with learning opportunities in 2 areas, indoor soccer and volleyball. Classes are very popular.

### PARTNERSHIPS

Santa Clara Senior Center continues to work with AE and hosts 32 classes at this site.

### PROGRAM HIGHLIGHTS

Implemented drop in fee for water exercise and weight training. Students like this added feature.

A partnership was established with the city of Santa Clara to use Mary Gomez pool while the pool on campus is being rebuilt. AE started using the pool July 5, 2011 and is looking forward returning to a new pool and renovated locker rooms in February 2012!

The addition of 4 AEDs at strategic locations on the AE campus was completed. Staff check each AED monthly to ensure that it is functioning properly.

The program successfully completed the EPLR survey during the Spring Term. Results are pending.

### RESULTS

- The program was able to successfully finish the year completely sustained by class fees.
- Program was able to financially contribute \$51,956 to the AE budget as of June.
- According to registration data, the community continues to support and value the classes offered through this program.

### CONTACT

For more information, please contact Becky Pestarino Program Supervisor, at (408) 423-3508 or email at [bpestarino@scusd.net](mailto:bpestarino@scusd.net)

