



HEALTH, FITNESS & SAFETY

2012-2013

ANNUAL REPORT

FAST FACTS

- 346 classes offered
- 37 part-time or full time staff
- 1806 unduplicated students served
- 4768 student registrations
- 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 always fills up. 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 reduced 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, Karate & Tai Chi. Classes are held in the mornings and evenings.

Personal Health: Offers classes in Meditation, Hypnosis for Weight Loss and Feldenkrais during the evening hours. Classes have a faithful student core.

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 host 32 AE classes such as water exercise & aerobics classes.

PROGRAM HIGHLIGHTS

The gym opened for classes in April 2013. Students love the new facility.

An ongoing collaboration continues with the district CPR/AED coordinator to provide training for district employees such as coaches, certificated and classified staff. Many CPR classes are taught on site at different schools to accommodate teachers busy schedules.

The program successfully completed the PSLO (Program Student Learning Outcomes) survey during the Summer 2013 Term. The data continues to show strong support for the program. 241 students were surveyed. Some of the results are: 100% of students agreed that they were satisfied with their class; 99.99% agreed that they have seen physical improvements and had gained knowledge & skills; 100% agree that the benefits achieved in class made a difference in their lives.

RESULTS

- The program was completely sustained by class fees and earned \$243,129.
- The program was able to financially contribute \$59,793 to the AE budget as of June 30, 2013.
- The number of student registrations increased this year by 11% which shows the community supports and values the classes offered through this program.

Contact

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