



HEALTH, FITNESS & SAFETY

2011-2012

ANNUAL REPORT

FAST FACTS

- 314 classes offered
- 32 part-time or full time staff
- 1510 unduplicated students served
- 4283 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 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, Karate & Tai Chi. Classes are held in the mornings and evenings.

Personal Health: Offers classes in Meditation, Hypnosis for Weight Loss (new this year and very popular) 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 host 32 AE classes such as water exercise & aerobics classes.

City of Santa Clara allowed AE to use the Mary Gomez pool from July 2011 to June 2012 while the campus pool was rebuilt.

PROGRAM HIGHLIGHTS

The new pool opened for classes in June 2012. Students love the new aquatics facility. A new slate of aquatics classes will be offered in the fall 2012 term, such as deep water exercise and aqua Zumba. Several new aquatics teachers were added to the staff. The program has a new energy since the pool opened and new staff hired,

A collaboration was established with the district CPR/AED coordinator to provide training for district employees. A new teacher was hired to provide CPR and First Aid classes at the individual school sites and wilderness First Aid.

The program successfully completed the ESLO (Expected Student Learning Outcomes) survey during the Winter 2011 Term, 263 students were surveyed. Some of the results are: 100% of students agreed that they were satisfied with their class; 98% 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 \$232,310

- Program was able to financially contribute \$67,637 to the AE budget as of June.
- A new swimming pool was opened in June.
- According to registration data and attendance the community supports and values the classes offered through this program.

Contact

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