ASAPP Program (formerly the PMDC) has been in existence since 1969 and is built upon the strong conviction that physical activity is important and beneficial for everyone! Children with special needs should be afforded the same opportunities to enjoy and successfully participate in quality physical activity. The ASAPP Program is designed to provide positive health-related physical fitness, fundamental movement skills, cooperative games and sport experiences for children with special needs and disabilities ages 6-12. The program provides a positive, active and fun experience in a small student/staff ratio setting.

The ASAPP Program is administered by the Adapted Physical Education Program option in the Department of Kinesiology, College of Health and Human Services at CSU, Long Beach, in conjunction with the CSULB Foundation.

After School Adapted Physical-activity Program

A quality physical activity program for children with special needs 6-12 years of age

Dates: Both Fall & Spring sessions are offered

Time: Tuesday & Thursday 3:45 pm - 4:45 pm

Place: California State University, Long Beach
Department of Kinesiology
1250 Bellflower Boulevard
Long Beach, California 90840
(562) 985-7969
blavay@csulb.edu

Website:
http://www.csulb.edu/colleges/chhs/departments/kin/downloads/APEDownloads.htm
Fall and Spring Programs are offered each year:

**Fall session (10 weeks):** Starts in the middle of September & ends during the first week in December.

**Spring session (10 weeks):** Starts in the middle of February & ends during the first week in May.

---

**Program Schedule**

**3:45pm - 4:45pm Tuesday & Thursday**

- 3:45pm-4:15pm Individual Education plan (IEP):
  - health-related fitness and fundamental motor skills.
- 4:15pm-4:40pm Group Activities:
  - cooperative games focusing on movement and social skills.
- 4:40pm-4:45pm Relaxation / closure
- 4:45pm-4:50pm Parent consultation

---

**Professional Staff & Safety**

**3:45pm - 4:45pm Tuesday & Thursday**

- The program is administered by Dr. Barry Lavay, Department of Kinesiology, CSU, Long Beach who has over 30 years of experience in adapted physical education.
- The student assistants are studying to be Adapted Physical Education Specialists.
- The staff is trained in emergency procedures and CPR.
- A waiver of liability and medical history are kept on file for each child.

---

**Cost & Registration**

- **Tuition:** $150.00 (20 meetings)
- **Checks:** Full payment due by first week of the program. Make checks payable to CSULB - Dept. Kinesiology
- **New Client Assessment:** $35.00 (One time fee in addition to tuition) You will be contacted for an appointment.
- **Deposit Required:** $25.00 to ensure your child a place, as enrollment is filled on a first-come/first-serve basis and fills up quickly with returning students.
- **Waiting List:** If program is filled.
- **Questions** regarding the program and how to enroll please call: (562) 985-7969 or send in the information enrollment sheet provided.

---

**CSULB ASAPP INFORMATION SHEET/HOW TO ENROLL**

| Name: ____________________________________________ |
| Age: _________________ DOB: ______________________ |
| Name of Parent of Guardian: ____________________________ |
| Address: __________________________________________ |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Zip Code: __________________________________________ |
| Phone # Day: ______________________________________ |
| Phone # Evening: __________________________________ |
| email: ____________________________________________ |
| Primary disability or special need: ____________________ |

See mailing address on the front of the brochure

- [ ] Please put me on the program waiting list.
- [ ] I am interested in the next semester’s program.