

**ASAPP** (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 5-12. The program provides a positive, active and fun experience in a small student to staff ratio setting.



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



Cal State University, Long Beach  
Dr. Barry Lavay  
Department of Kinesiology - 111128  
1250 Bellflower Boulevard  
Long Beach, CA 90840



## AFTER SCHOOL ADAPTED PHYSICAL- ACTIVITY PROGRAM

A quality physical activity program  
for children with special needs  
5-12 years of age

**Dates:**

Both Fall & Spring, 10-Week  
Sessions

**Time:**

Tuesday & Thursday 3:45 – 4:45

**Place:**

CSU Long Beach  
Kinesiology Department  
1250 Bellflower Blvd.  
Long Beach, CA 90804  
562.985.7969  
[campnugget@ymail.com](mailto:campnugget@ymail.com)

**Website:**

[www.CSULB.edu/ASAPP](http://www.CSULB.edu/ASAPP)



## Programs offered each year:

- **Fall Session (10 weeks)** starts in the middle of September and ends during the first week of December.
- **Spring Session (10 weeks)** starts in the middle of February and ends during the first week of May.



## Professional Staff & Safety

- ASAPP is administered by Dr. Barry Lavay, Kinesiology Department, CSULB who has over 40 years of experience in adapted physical education.
- The student assistants are studying to be Certified Adapted Physical Education Teachers.
- The staff is trained in emergency procedures and CPR.
- A waiver of liability and medical history are kept on file for each child.
- Watch ASAPP on YouTube at:  
<https://youtu.be/lvbFCJrk618>

## Program Schedule

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

- 3:45pm - 4:15 pm Individualized Physical Education Plan (IEP): health-related fitness and fundamental motor skills.
- 4:15pm - 4:40 pm Group Activities: cooperative games focusing on movement and social skills.
- 4:40pm - 4:45pm Relaxation / Closure
- 4:45pm - 4:50pm Parent Consultation

## Cost & Registration

- **Tuition:** \$150.00 (20 meetings)
- **Checks:** Full payment due by first week of the program. Make checks payable to CSULB – Dept. of Kinesiology
- **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.
- **Additional Parking Fee Required**
- **Waiting List:** If program is filled.
- **Questions:** [campnugget@ymail.com](mailto:campnugget@ymail.com), call (562) 985-7969, or send in the information enrollment sheet provided.



## CSULB ASAPP Enrollment Information

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Primary Disability/Special Need: \_\_\_\_\_

See mailing address on the front of the brochure.

Please place me on the program waiting list.

I am interested in the next semester's program.