Citrus College

Adapted Physical Education
Center/Fitness Center
1000 West Foothill Boulevard
Glendora, California 91741-1899

Date _____

Doctor's Name _____

Telephone _____ Fax # _____

Address _____

City _____ State _____ Zip _____

Dear Licensed/Certificated Professional:

I have recently enrolled (or plan to enroll) in the Adapted PE/Adapted Aquatics class at Citrus College. These courses are designed to assist me in developing a personal exercise program. In order to provide services, Citrus College must have a verfication of disability.

The Citrus College Fitness Center is equipped with weight machines, mats, flexacisers, stationary and recumbent bikes, arm ergometers, individual hand weights, therapy putty, balance boards, stair climbers, rickshaw, rowing machines, stand-aid machines, heart rate monitors and wall pulleys with weights.

The Aquatics Center is comprised of an Olympic size pool and a 12' X 20' therapeutic pool. In addition, the pool is equipped with a ramp, a lift, support bars and other assistive equipment fo disabled access and assistive devices for exercise in the pool.

At this time, I would appreciate any information you can provide concerning the following important health-realted areas (attached is a medical release form). Your input will assist the staff at Citrus College in the process of developing the most appropriate exercise program for me.

_____
Student's Signature

_____
Print name Last First

Mail to: Steve Hartman, Fitness Center Director
Citrus College
1000 West Foothill Boulevard
Glendora, California 91741-1899

(626) 852-8018 Fax

or Cliff Wurst, Adpated Aquatics Instructor
Citrus College
1000 West Foothill Boulevard
Glendora, California 91741-1899