

SFSU Fitness Programs for SFUSD Transition Students

- APE Program in Kinesiology Department,, Therapeutic Recreation & Inclusion class in Recreation and Park Department, and San Francisco Recreation and Park Department are partnered to organize the program



Program Goal:

To promote participants' healthy body and mind through exercise

Program Objectives:

- To enhance fitness
- To increase physical activity level
- To develop social skills
- To improve self-esteem
- To develop self-regulation
- To provide participants with knowledge of fitness and exercise

Date/Time: Wednesdays

9:30-11:00 a.m. (Feb 15th to May 17th, no sessions on Mar 22nd and 29th)

Location: Mission Recreation Center, 2450 Harrison St, San Francisco, CA 94110

Information:

For more information, please contact Dr. Jihyun Lee at jhlee@sfsu.edu or 415-338-2244

Parents/guardians are welcomed to join the program.

