Dear Parents and Friends,

Thanks for your interest in the Adapted Activity Lab at Sonoma State University! The Lab consists of a once-a-week physical activity class for children 5-18 years who have special needs of any kind. Each child will be paired with a Sonoma State student, who will work one-on-one with your child during the activities. The emphasis will be on building motor skills and self-esteem through participation in games, perceptual motor activities, tumbling, modified sports, dance, and relaxation. The lab will be supervised by myself and advanced adapted physical education students.

Because this experience is designed to benefit both the children and the college students (by giving them a chance to learn more about children with disabilities), we ask that you PLEASE COMPLETE THE ATTACHED REGISTRATION FORM AND RETURN IT TO ME AS SOON AS POSSIBLE at the address on the top of the form. Students and staff of the lab are cautioned to keep all information confidential.

The classes will meet Saturdays from Jan 31 - March 7 and March 28 - April 4, for a total of 8 sessions. **Consistent attendance is important so that the student volunteers get as much experience as possible, and so that they have a child to work with. Please indicate on the registration form any dates that your child cannot attend, so that we can plan ahead.** If something should come up unexpectedly, please email or call me to let me know you will not be there that day. We will meet in the small gym (the “field house”) in the physical education building on the campus of Sonoma State University. There are 3 groups: (1) 5-8 yr olds will meet from 9-10am; (2) 9-12 yr olds, from 10-11am, and (3) the Teen Club, 13 yr olds and up, from 11:15-12:15pm. **PLEASE NOTE the start time for the teen group, to allow us more set-up time.**

The fee for the 8 weeks to **$75.00.** As always, if you cannot pay the full amount, please let me know, and we will “slide the scale”! Make checks payable to “SSU – Saturday Sidekicks.” North Bay Regional Center has paid for some children, although they no longer **routinely** cover this program. Talk to your case manager to see if you can get them to cover it for you. If you will be using this option, please get this underway ASAP as it takes time to process – and make a note on your registration form.

If you have any questions or concerns prior to the first day, or if you need directions, give me a call at 664-2660 or email me at Elaine.mchugh@sonoma.edu. We're looking forward to seeing you and your child!

Dr. Elaine McHugh
Adapted P.E. Specialist

**NOTE:** If you are NOT coming this semester but DO want to stay on the mailing list, let me know so I won’t delete you!