



FIT TIMES

SDSU Adaptive Fitness Clinic

Fall 2016

WHAT'S NEW

Explore San Diego – on a discount!

San Diego is an absolutely gorgeous city with some of the most interesting tourist opportunities of any city in the country. How often do you take the time to be a tourist in your own town?

We did a little research and found that there are some unique opportunities available to you at a reduced cost, just for being you. Best practices, though, are to call ahead before you go, just to be sure.

Companion (free) passes offered to caregivers while on the job

- Regal Cinemas
- San Diego Zoo
- San Diego Safari Park
- Legoland (call two weeks in advance)
- National Parks with Access Pass (see website for details)
<http://store.usgs.gov/pass/access.html>

Discounts and Financial Assistance

- Metropolitan Transit System (MTS) pass
- Verizon Lifeline
- Challenged Athletes Foundation (CAF) grant – could be used to apply for Adaptive Fitness Clinic funding
<http://www.challengedathletes.org/programs/grants/>

Have fun touring and let us know if you have tips on any other deals!

IMPORTANT UPDATES

**ACTION
REQUIRED**

Medical Authorization Form

Included in this envelope is a Medical Authorization form. Please have your doctor fill this out and give it back to staff so that we can ensure all of your information is up to date. Even if you've done one recently, please fill this new one out. And thank you!



Student and Volunteer Appreciation

At the end of the semester, we will be recognizing outstanding students and volunteers for their work at the clinic. If you would like to nominate your student or volunteer, tell staff by **Dec 9th**.

SDSU AFC and Changing Culture “*The times they are a changin’*”

As you may have noticed, the Clinic has been a pretty happening place lately. Sections are more filled, desired times are no longer available, tables and machines have a line. The good thing is that word about the Clinic has spread like wildfire and more and more people are interested in our program. The bad thing is that, due to limited session timing and facility constraints, we’ve had to deny people access to our programming and create a waitlist. In the last eight months, our waitlist has reached almost 50 people and continues to grow.

Our main goal is to be able to serve all people who wish to use our services. We’re working on creative solutions such as creating group exercise, swim, and home programming to better serve all those needing our help. We’re also working on expanding our current space and looking into satellite locations. But these things take time and, until those changes happen, we have to make decisions on how to be fair to all clients.

Included in this envelope is a letter regarding our policy changes. In order to remain fair to all current and potential clients, we are setting firmer policies on adding/dropping sessions, payments, and excessive absences due to non-medical reasons. We appreciate your patience and understanding, and are always happy to discuss and answer any questions you may have. Please know that it is with your best interests in mind that we apply these changes and that we still plan to deliver you safe and affordable access to fitness at the same high quality.



SDSU ADAPTIVE FITNESS CLINIC