

Aquatics program we provide therapeutic exercise which is individualized exercise program for community members and also CSUN staff and CSUN students with physical disabilities.

In October of 2014 I was running on the beach in Santa Barbara on a camping trip with my family and I tripped and I wasn't able to get my hands in front of me and I fell and I broke my neck at C4 to seven.

So the resulting spinal chord injury means I've got pretty limited movement below my shoulders. I really like that the Center of Achievement gives you the opportunity to work with students because as I'm in the place where I'm trying to figure out my injury, they're figuring out their fields. It's kind of a nice collaborative effort. And then focus on functional skills, and just maintain a healthy lifestyle which is harder to do when you can't just go running or do Runyon canyon or something liked you used too.

My supervisor on the water program is Jose. Jose's a junior. And so it's been great.

Initially a master's student does the evaluation and sort of points them in the direction that they want to go. And then its sort of talking each day about what the focus is. Either balance or strength or flexibility and we sort of go at it for the day.

Well treadmill is one of the most popular equipment here at the Center and some of the clients come here because of that treadmill. The water support with the buoyancy effect, they can do gate training where they wouldn't be able to walk on land but they can do it in the water setting.

It's therapeutic just being in the water, that's what most of our clients say. Not only are they in the water, they have so many accessible therapeutic equipment that they get to use. We have different pools that they could utilize in order to accommodate their special

needs. So we have different methods of getting people in and out of the water. Of course we have the typical stairs for our clients who are more independent. We also have accessible hydraulic lifts that we could use for people who are less independent to use to get in and out of the water. We also have other options like wheelchair and accessible ramp. We call it a wet ramp. We also have dry ramp where our clients who have strong upper extremities to transfer themselves over the ramp in order to get in the water. So we have a variety of options for our clients to get in and out of the water.

Disabilities range from stroke, Parkinson's disease, multiple sclerosis, we have people with arthritis, knee replacement surgery, spinal chord injury, and beyond. I believe that when everyone here at the center including clients, students, staff members, when we all work together as a group sharing our abilities, there is nothing that can not be achieved. And we witness that everyday here at the Center.

Ever since I started working here, the Center has been an inspiration and a joyful part of my life. Watching our clients over come there challenges everyday not only pushes me to assist them further but it pushes me to overcome my own challenges as well in my life. And it's always exciting to here the achievements that our clients are making here everyday.