

FAQ – Virtual Exercise Program

1. **What is the virtual program?**

During this time of COVID-19 closure, the Center of Achievement offers therapeutic exercise programs via the Zoom video communication. You will be able to perform various exercises at home following real-time instructions on your computer or tablet screen. Customized exercise sessions will specifically address your health and fitness concerns in a one-on-one session with an instructor or in a small group session.

2. **How do I access the virtual program?**

You will need a) internet access, b) an electronic device to use the Zoom video call (e.g., laptop, tablet, computer with a webcam), c) a safe place to perform exercises and d) a couple of exercise tools (e.g., theraband, towel, water bottles)

3. **Who can sign up for the virtual program?**

Clients with various levels of abilities or disabilities may be accommodated by our specialized virtual program. Our staff will assist with determining which virtual program is best for you: a) a small group session for clients who are independent and need minimum accommodations, b) a one-on-one session for clients who are independent and need moderate accommodations for exercise without physical assistance, c) an assisted one-on-one session for clients who need physical assistance for exercise by a family member or caregiver at home.

4. **What are the benefits of the virtual program?**

You can continue staying active and healthy during this COVID-19. In addition, consistent physical activity and exercise will help you prevent dysfunction, losing what you are capable of doing in activities of daily living and other health complications.

5. **How will my aquatic class be virtual?**

Group aquatic sessions will be delivered in a small group session on land at home. One-on-one aquatic sessions will be converted to a one-on-one virtual exercise program on land at home.

6. **When will the virtual class start and end for Fall 2020?**

The virtual Fall 2020 classes will start on September 14th through December 3rd.

7. **What times are offered for the virtual program in Fall 2020?**

See schedule below:

Virtual One on One Assisted Program (*Schedule subject to change):

M/W - 10am/11:00am/1:00pm/2:00pm/5:30pm/6:30pm

T/Th - 9:00am/10:00am/11:00am/1:00pm/2:00pm/3:00pm

Virtual Group Program (*Schedule subject to change):

M/W - 9:00am/10:00am/11:00am/1:00pm/5:30pm

T/T - 10:00am/11:00am/ 1:00pm/ 2:00pm/ 5:30pm

Virtual Children/Teen Program (*Schedule subject to change):
M/W - 4:30pm (Optional – one day per week is available)

8. **What exercise equipment is needed and will it be provided?**

No major exercise equipment is required for our virtual program. If you have any exercise equipment at home, we will try to incorporate it into your exercise program. 5 required items for our virtual program include: a) Therabands (resistant band), b) cuff weights, c) water bottles (or dumbbells), d) towel, and e) heart rate measuring device (e.g., smartphone app, pulse oximeter, blood pressure monitor, or fitness tracker such as Fitbit, Applewatch)

9. **What is the cost of the virtual program and how do I pay?**

Preferred method of payment is Credit Card. If paying by check, make check payable to CSUN- COA

Virtual One on One Assisted Program: Cost \$360.00

Virtual Group Program Fee: Cost \$240.00

Virtual Children/Teen Program Fee: Cost \$240.00

10. **Will I need a medical clearance?**

Yes, the Center of Achievement/Brown Center Medical Release Form will need to be signed and completed by your physician. The Medical Release can be will be sent electronically or mailed if preferred.

11. **Is there additional paperwork to fill out?**

Yes, each Fall semester updated Registration paperwork is required. You will be provided this information via email. It will need to be completed and returned via mail back to the center.

12. **What if I am a new client can I register for the program?**

All new clients will need to contact the Client Coordinator, Angel, at 818-677-7499 to schedule an intake appointment prior to being accepted into the program.

13. **If I was awarded the Britten Scholarship for Fall 2020 can it be applied towards the virtual program at the Center of Achievement?**

Yes, if you received the Britten Scholarship award for Fall 2020 it can be used towards the virtual program for the Fall 2020 semester only at the Center of Achievement/Brown Center.

14. **Can my scholarship award for Fall 2020 be used for Spring 2021?**

No, scholarship awards issued for specific semesters may not be transferred into future semesters.

15. **When will the Britten Scholarship applications be offered for Spring and Fall 2021?**

Scholarship applications for 2021 maybe available after October 1st based on program

status and availability. Scholarships are not guaranteed and non-transferable.

16. **When will the Center reopen?**

Our top priority is the safety and well being for all. Under the directions of state, local and university officials and in conjunction with health guidelines, CSUN campus officials will determine when we will resume face to face, in-person operations for the Center of Achievement/Brown Center.