

Adapted Access

UCLA Recreation offers many handicap accessible facilities for adaptive recreation in a variety of activities.

CAMPUS POOLS

The Student Activities Center, the North Pool at Kaufman Hall and Sunset Canyon Recreation Center pools are equipped with handicap accessible chair lifts for easy transition. Lifeguards are trained to assist patrons. Call (310) 206-0443 for assistance and to schedule lift use at the SAC pool. Contact UCLA Recreation at (310) 825-1059 for more information about accessibility at SCRC.

Fit Center South has a hydrotherapy warm water pool equipped with two lifts. Contact Amber Brown at (310) 206-1907 to schedule a personal fitness session for lifts.

SPORTS, COURTS & CLIMBING

The Los Angeles Tennis Center has an elevator for accessibility to tennis matches and North Campus.

UCLA Recreation, in cooperation with UCLA Housing and Facilities Management, is installing a ramp, near the courtside housing, to provide access to the Sunset Sports Courts at SCRC.

The John Wooden Center has added a handicap chair lift to the racquetball courts and the Rock Wall on the first floor.

Drake Track Stadium is handicap accessible on the south side.

BOATING

The Marina Aquatic Center in Marina del Rey has developed adaptive kayaking where patrons are assisted in sitting on top of kayaks. Kayaks are also retrofitted to allow paddling with the feet. The MAC also has access to modified Dinghy sail boats. Call Steve Orosz at (310) 823-0048 to schedule adaptive recreation outings at the MAC.

Contact us at (310) 825-3701 for more program information or to schedule a tour of our facilities.



TIP: Coach John Wooden once said, "Don't let what you cannot do interfere with what you can do." Discover your many hidden talents at the MAC. Surf! Kayak! Sail!

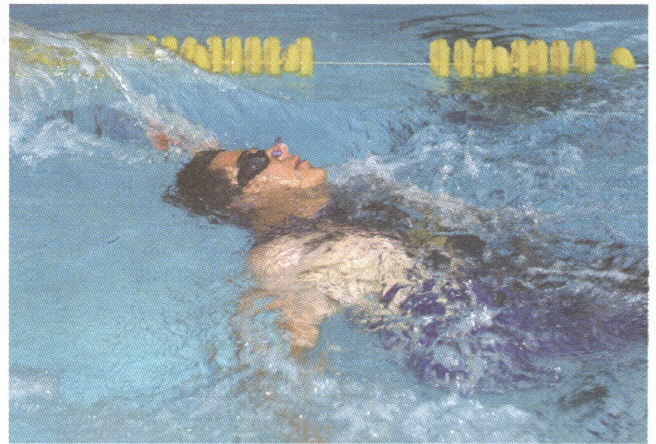
Breaking Down BARRIERS

On a warm, sunny Wednesday, Atif Moon, a second year business economics student, won another victory in the Family Pool at Sunset Canyon Recreation Center.

"On days like today, I feel like a proud father," said Jeremy Newman, a wheelchair triathlete and personal trainer, as he watched Moon swim backstroke for 200 meters without stopping.

From conquering his fear of drowning to swimming laps in the pool, Newman has been there to witness Moon accomplish every goal. Newman spent two hours a week teaching Atif Moon to transition into the pool without adaptive equipment and to become more confident to swim on his own.

Physical activity is a top priority for Moon and Newman. Both have experienced many victories throughout their athletic careers. Although Moon was born paraplegic due to a tumor in his spine, he won top ranking as Junior Open wheelchair player in California, a title he earned from the US Tennis Association and the International Tennis Federation. Newman experienced a life changing sky diving accident in 1997. Yet he continues to pursue competitive sports. In 1999 Newman raced from Santa Barbara, California, to New York City, in a fifty-six day



Top: Undergraduate student Atif Moon swims 200 meter backstroke at the Family Pool for the first time.

Right: Personal trainer Jeremy Newman guides Atif Moon to a healthier lifestyle.



Transcontinental Triathlon and in 2004 he won a silver medal in the World Triathlon Championship.

Newman's positive attitude and eighteen years of training experience helps Moon get through tough challenges. Under Newman's guidance, Moon has lost over thirty pounds and increased his energy level by adjusting his diet, lifting weights at the John Wooden Center, playing tennis at SCRC and swimming regularly at the Family Pool.

"There is nothing that Atif can't do. I encourage him to do anything his heart desires. Atif has become more self-assured. He is disciplined and works out on his own," said Newman.

On that Wednesday afternoon, Newman encouraged

Moon to keep swimming as he swam the final lap. After the swim, Moon listened in the pool as Newman explained how he could improve his back stroke.

Newman hopes to "empower others to exceed beyond their perceived potential" by being a role model, coach and friend.

"Jeremy's my personal trainer, but he's much more. He's my friend," said Moon.

Next year, Moon plans to continue swimming and playing tennis. Yet, academics are his first priority.

For information on with adaptive recreation programs, call (310) 825-3701.