

Cosumnes CSD Classes Approve by ALTA

This is a list of programs approved by **ALTA** for coverage. Please review the list, then visit the Activity Guide or Registration Page to view specific details such as ages, dates, times, locations, activity names, and activity numbers.

RAD Programs: Cosumnes CSD provides adaptive and inclusive recreation opportunities with the Recreation ADventures (RAD) program. This program provides classes, events and accommodations for people with disabilities through both adaptive and inclusive recreation programs. Participants are encouraged to explore programs in a safe and fun environment while learning a new skill, improving their physical fitness, and making new friends along the way.

- **RAD Dance:** This is a Friday night dance with a theme, DJ, food, and photo booth. RAD Dances are for adults with disabilities.
 - 10:1 ratio
 - Ages 18+
- **RAD Pickleball:** This class is designed for individuals with disabilities to learn the basics of Pickleball.
 - 5:1 ratio
 - Ages 10+
- **RAD Yoga:** Relax the mind while increasing flexibility, strength and balance in this rejuvenating stretch class. This class is designed for individuals with disabilities who are looking for a safe and supportive place to experience the multiple benefits of yoga.
 - 10:1 ratio
 - Ages 18+
- **RAD Zumba:** Come learn different dance movements and basic choreography in this high energy class through structured and free movement exercises.
 - 10:1 ratio
 - Ages 18+
- **RAD Fun Fridays:** Individuals with disabilities can come and enjoy the teen center for games, movies, Karaoke, art and crafts and so much more! Fun Fridays provide a safe and supportive night of fun and social interaction for all participants.
 - 8:1 ratio
 - Ages 13+
- **RAD Swim:** Come get an energetic workout for all levels and abilities with movements that increase heartrate and provides a total body workout. This class is for adults with disabilities and will be in a pool with a maximum depth of 4.5 ft.
 - 5:1
 - Ages 18+

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- **RAD Private Swim:** Designed for individuals with disabilities. Receive 1:1 instruction at the student's level.
 - 1:1 ratio
 - Ages 3+

Inclusive Programs: The programs below are designed to provide meaningful opportunities for individuals of all abilities to learn, play, and grow together. Accommodation requests may be submitted using the **Accommodation Request Form** available on the Adaptive & Inclusive website.

- **Aquatics Fitness Classes:** Water fitness is one of the top adult exercise programs in the nation. With ease of motion and limited resistance, it provides a great healthy alternative to traditional impact fitness. All classes are taught by trained instructors. Classes include: Deep Water Fitness, Tabata, Aqua Stretch & Tone, Shallow Water Fitness, Aqua Walking and Aqua Jogging.
 - 10:1
 - Ages 16+
 - Aqua Walking
 - Aqua HIIT
 - Aqua Jogging
 - H2O Strength
 - Shallow Water Fitness
 - Aqua Stretch and Tone
 - Deep Water Fitness
 - Piloga
 - Tabata
- **Swim Fitness Monthly Pass:** This is a membership pass to swim in designated lane for lap swim.
 - 10:1 (lifeguards)
 - Ages 16+
- **Dance Classes:** These are fun, high energy dance classes where individuals can learn a specific style, skills and choreography. These classes includes: ballet, jazz, tap, hip-hop.
 - 10:1 Ratio
 - Ballet/Jazz
 - Ages 3-4
 - Ages 4-6
 - Ballet/Tap/Jazz
 - Ages 3-4
 - Ages 4-6
 - Hip Hop
 - Ages 3-4
 - Ages 4-6
 - Jazz/Hip Hop
 - Ages 4-6
 - Ages 7-10

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- Ages 11-17
- **Peewee Sports:** These classes will focus on teamwork, socialization and fun through a variety of motor development activities, fundamentals and games. These include sluggers, ballers and kickers programs.
 - 10:1 ratio
 - Ages 3-7
 - Sluggers
 - Ballers
 - Kickers
- **Sports Academy:** Academy Sports classes are aimed towards participants who have basic motor skills and are ready to learn more advanced techniques and fundamentals.
 - 10:1 ratio
 - Ages 7-13
 - Soccer Academy: Ages 8-14
 - Flag Football Academy: Ages 8-24
 - Volleyball Academy: Ages 8-14
 - Basketball Academy: Ages 8-24
- **Youth Sports League:** Our Youth sports leagues teach the fundamentals of good sportsmanship and teamwork, all in a fun, non-competitive way. Participants will be placed on a team and play in organized sports that focus on recreation rather than competition. Leagues include: Lil Ballers, T-Ball, Youth Basketball and Soccer.
 - 10:1 ratio
 - Youth Basketball League:
 - Ages 7-14
 - T-Ball League:
 - Ages 3-7
 - Lil Ballers Basketball League:
 - Ages 5-6
- **Tennis Classes:** These classes increase in difficulty based on skill level. Individuals will learn the fundamentals. This is a fun and safe way to be introduced to the sport.
 - 10:1 ratio
 - Youth 6+
 - Adults 18+
- **Art Classes:** These classes vary in modality, but all teach the art fundamentals and techniques to youth and teens in a positive, fun and supportive environment. Individual creativity is encouraged and celebrated.
 - 10:1 ratio
 - Kids Art
 - Ages 8-11

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- Young Kids Art
 - Ages 5-7
- **Chess Club:** From basic knowledge of each chess piece to preparing strategic moves, with instructor guidance, participants will learn about the wonderful game of chess.
 - 10:1 ratio
 - Ages 6-17
- **Dungeons and Dragons:** If you're curious about fantasy tabletop roleplaying games. Dungeons and Dragons and RPGs, and want to learn how to play, then join us in our club! You will be using paper, pencils, and dice to go on an epic quest, survive perilous adventures and solve fun puzzles.
 - 10:1 ratio
 - Ages 6+
- **Teen Afterschool Program:** This isn't your average afterschool program! The 2,100-square-foot teen center offers a safe location for meeting and making friends as well as the opportunity to participate in fun, programmed activities. Members can enjoy cool amenities such as the snack bar, flat screen tvs, pool table, foosball table, ping pong table, computer access, various game consoles, and more!
 - 10:1 ratio
 - Grades 7-12