

ECC Adapted Physical Education - Schedule of Classes

2022 WINTER TERM
5-Weeks (January 3 – February 3)

Course #	Course Title	Section #	Days / Time / Location	Instructor
PE 400	Adapted Fitness	8430	M-F from 9:00 – 11:10 am @ PCB 119	Mark Lipe
PE 400	Adapted Fitness	8432	M-F from 12:00 – 2:10 pm @ PCB 119	Mark Lipe

2022 SPRING TERM
16-Weeks (February 14 - June 10)

Course #	Course Title	Section #	Days / Time / Location	Instructor
PE 400	Adapted Fitness	8550	T/TH from 6:00 – 7:25 pm @ PCB 119	Mark Lipe
PE 400	Adapted Fitness	8552	Online – See Distance Education Website	Jae Lim
PE 401	Adapted Strength Training	8555	T/TH from 9:45 – 11:10 @ PCB 119	Mark Lipe
PE 401	Adapted Strength Training	8557	M/W/F from 1:15 – 2:50 pm @ PCB 119 Beginning March 14, 2022	Mark Lipe
PE 402	Adapted Swimming and Hydroexercise	8559	M/W from 11:30 – 12:55 pm @ Pool	Mark Lipe
PE 404	Adapted Cardiovascular Fitness	8563	T/TH from 11:30 – 12:55 pm @ PCB 119	Mark Lipe
PE 407	Adapted Bowling	8567	Friday from 9:30 – 12:40 pm @ Gable House Bowl (1st class at ECC PCB 119)	Mark Lipe
PE 409	Adapted Yoga	8571	M/W from 11:30 – 12:55 pm @ Gym 216	Kathy Cass

Questions: Contact Mark Lipe @ mlipe@elcamino.edu or 310 660 3593 x3810