

EMPOWERMENT3

PROGRAM GUIDE SPRING 2022

SESSION DATES: 2/5-4/24

Funding for this project/product was supported, in part, by the Virginia Board for People with Disabilities, under grant number 2101VASCDD, from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



REGISTER HERE BY
FEBRUARY 1ST



**Department of
Kinesiology**

EMPOWERMENT3

PROGRAM GUIDE - SPRING 2022

OVERVIEW

Our Mission: We seek to empower individuals and their families, professionals (in-service and pre-service), and communities, using the vehicles of physical activity and mentorship.

What We Do: E3 conducts programming, research, training, and support to improve the physical and mental health as well as the quality of life, of underserved populations.

Who We Serve: E3's health promotion efforts serve Individuals with disabilities, older adults, individuals with chronic conditions, refugees, English language learners, and many others.

Research: E3 explores questions across participants, families, pre-service/in-service professionals, and communities. Examples include, barriers to participation; improvements in physical and mental health, movement behaviors, and social determinants of health; knowledge and efficacy changes.

Program Fees: Program fees for each program are listed in the descriptions on the following pages. For those who are unable to pay due to circumstances, we have scholarship funds available. You are wanted - please register!

SPRING 2022

FACE TO FACE PROGRAMS

SESSION DATES: 2/5-4/24

MONDAY

Kidnastics
5:00 - 6:00 p.m.

TUESDAY

Sports and Fitness
5:30 - 6:30 p.m.

WEDNESDAY

Fitness and Self Defense
5:30 - 6:30 p.m.

THURSDAY

Dinner Club
5:00 - 6:30 p.m.

Community Exploration
5:30 - 6:30 p.m.

FRIDAY



SATURDAY & SUNDAY

Saturday - Beginner Aquatics
9:30 - 11:30 a.m.

Sunday - Master Aquatics
4:00 - 5:00 p.m.

PROGRAMS SPRING 2022

KIDNASTICS MONDAY'S 5:00 - 6:00 P.M

Child-centered approach to teaching gymnastics that incorporates elements of traditional and educational gymnastics. Students work at their own pace with their mentor on skills appropriate to their ability level.

Skills focused on within Kidnastics include rolling, balancing, vaulting (movement on your hands), and jumping.

Price: \$55

Age Range: 2-12 (split into age specific groups)

SPORTS/FITNESS TUESDAY'S 5:30 - 6:30 P.M

Each week participants will be doing 30 minutes of age appropriate fitness activities and 30 minutes of a given sport (e.g. soccer, baseball, basketball, and tennis).

This program will offer a Elementary and Middle School Group as well as a High School and Young Adult Group

Price: \$55

Age Range: 5-12; 13-30

SELF DEFENSE/FITNESS WEDNESDAY'S 5:30 - 6:30 P.M

Empowerment3's own Tasha Pressler, who is a WuShu expert, will lead our Self-Defense program. Each week, 30 minutes of fitness activities and 30 minutes of Self Defense.

This program will teach basic skills in body control, emotional control, as well as punching, kicking, and blocking. Fitness will work on upper and lower body strength, flexibility, and cardio-respiratory endurance.

Participants will be split into a young adult and older adult group

Price: \$55

Age Range: 19-39; 40 and up

PROGRAMS SPRING 2022

DINNER CLUB **THURSDAY'S 5:00 - 6:30 P.M**

Empowerment3's own Jake Evans, a nutrition and exercise expert, is excited to bring back Dinner Club. This program will include a nutrition education component, cooking skills, and meal planning and preparation

Due to COVID, prepared food will be put in To-Go containers for participants to enjoy at home.

Price: \$55

Age Range: 12 and up

COMMUNITY EXPLORATION **THURSDAY'S 5:30 - 6:30 P.M.**

This program is linked with Dr. Moran's Special Topics in Adapted Physical Activity course. Each participant will be matched up with 2 JMU student instructors.

The program will include motor/sports skills, fitness, dance & rhythms, backyard recreational activities, and inclusive outdoor recreation

Price: FREE

Age Range: 2-92 (age appropriate groups)

PROGRAMS SPRING 2022

AQUATICS SATURDAY'S 9:30 - 11:30 A.M

Whether the participant needs to gain the necessary skills to be able to become more independent in the water or they need to improve their current swimming skills – this swimming program is designed to meet each individuals present level of performance and comfort in the water.

We have partnered with JMU UREC to use two pools, a therapeutic pool and a fitness/lap lane pool.

Price: \$75

Age Range: 5-99

*Note: No one under age 12 is allowed in UREC due to COVID

MASTERS AQUATICS SUNDAY'S 4:00 - 5:00 P.M

Participants who sign up for this program should be able to swim laps and have an interest in increasing their endurance and improving their swimming technique. Each swimmer will have a individualized program to challenge their current abilities and help them achieve his/her goals.

Price: \$75

Age Range: 5 -99

*Note: No one under age 12 is allowed in UREC due to COVID

PROGRAMS SPRING 2022

SESSION DATES:
2/5-4/24

ABILITY FIRST Virtual & Hybrid Programs

TRANSFORMING HEALTH THROUGH RELATIONSHIPS VIA IN-PERSON AND VIRTUAL ENVIRONMENTS (THRIVE)

- THRIVE, via MyGuide, offers at home activities and guides as well as virtual classes and events. (NO TECH or LOW TECH Options)
- Participants in THRIVE will be able to engage virtually in physical activity with a mentor at least one day/week. Participants will select day/time that works for their schedule.

Check out www.inclusivewellness.org/THRIVE and https://drive.google.com/file/d/1DEa7rWvHNEHaP-zAjlK9SNy6qzyHOQ5_/view?usp=sharing

Price: FREE with completed MyGuide application

Age Range: 2-99

EXERCISE BUDDY

This program is supported by Virginia Board for People with Disabilities

- Mentees and mentors will engage in activities alongside one another at least one day/week utilizing a physical activity app called Exercise Buddy and Zoom.
- Includes 12-month access to the app and a tablet if needed.

Check out www.exercisebuddy.com and https://drive.google.com/file/d/1rmhD01mhfUlpOfuJyyvbUYxzoS2_0ud7/view?usp=sharing

Price: FREE for individuals with DD; \$100 for others

Age Range: 2-99

FITNESS FOR ALL

This program is for Individuals with Brain Injuries and other Physical Disabilities.

- Fitness for All allows face to face participants to choose from Empowerment3 opportunities or RMH Wellness Center (day/time up to participant and mentor)
- All virtual participants will have access to all THRIVE activities via MyGuide
- Participants can choose a face to face and/or virtual format

Price: FREE **Age Range:** 2-99

PROGRAM POLICY

PROGRAM GUIDE - SPRING 2022

PROGRAM ENROLLMENT REQUIREMENTS

1. All participants (mentees) must submit all paperwork electronically or drop off the forms to enroll. Mentees can contact us over the phone to complete initial paperwork, Mentees must complete a “consent to participate form” which includes your doctor signature to enroll.
2. All required paperwork and program fees must be submitted at the start of the first program. Spots are limited and while you may have a space reserved, your spot is not guaranteed until payment is received. Without submission of appropriate paperwork, the organization could be held liable if an injury were to take place and documentation was not on file.
3. Pre-post testing is completed by all participants, with their mentor, the first and last week of each program. This testing is needed to establish individualized program goals and to assess program improvement at the end. The pre-post data has helped us secure funds to keep fees the same for the last three years.
4. Agree to bring participant to all scheduled programs. If participant must miss a program due to illness, family conflict, travel/weather concern, etc. – parent or guardian will notify specific program contact (in advance if possible). Please remember each participant’s mentor is a volunteer and if participant does not show, the volunteer believes he or she is no longer needed and often drops out, which leaves us shorthanded if the participant attends future weeks.

PROGRAM POLICY

PROGRAM GUIDE - SPRING 2022

APPROPRIATE PROGRAM ATTIRE

1. Please ensure all participants have appropriate footwear (sneakers/tennis shoes) for land-based programs. Ensure clean flip flops, crocs, or water shoes for water-based programs.
2. Please ensure all participants wear appropriate athletic wear to programs. Shorts or exercise pants, and t-shirt for land based programs; one piece, shorts/t-shirt, or two-piece with cover for water-based programs. This is to ensure the safety of participants as well as protect mentors and equipment.

PROGRAM FEES

1. The fees are listed next to each program. Scholarships are available - based on financial need (simple written justification needed - e.g. fixed income, SSI, financial hardship, etc.). Scholarship participants' may be limited to one program depending on program availability. Scholarships are paid by Grants and independent donors who want to support participants in our area.

INCLEMENT WEATHER POLICY

1. If JMU OR Harrisonburg City Schools are closed, programs are automatically cancelled. If afternoon/evening weather is deemed unsafe for parents/guardians and students, programs could be cancelled.
2. If programs are cancelled the day before or by 12:30pm that day - participants will be notified by e-mail. If cancellations are made after 12:30pm, participants will receive a call. It will also be posted to our social media.

PHOTO RELEASE

Empowerment3 often creates newsletters, trainings for volunteers and staff, promotional and/or educational materials. Photos may be taken during programs. Indication that you would not like photos of your mentee taken must be identified on the registration form if applicable.

PROGRAM REGISTRATION

PROGRAM GUIDE - SPRING 2022

REGISTRATION LINK

<https://www.cognitofrms.com/OvercomingBarriers1/Empowerment3WinterSpring2022Registration>



CONSENT TO PARTICIPATE FORM

(Medical Form Signed by Dr. -
Must be completed every 12 months)

<https://drive.google.com/file/d/1pNDEB18cPERbAlOrF5j-K0k6SXF-NInC/view?>

