Empowerment3
Summer 2023
Program Guide

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Register using this QR code by May 19
Our Mission: We seek to empower individuals and their families, professionals (in-service and pre-service), and communities using physical activity, mentorship, and social connection.

What We Do: E3 conducts programming, research, training, and provides support to improve physical and emotional health, community participation, and quality of life of individuals, increase disability literacy and self-efficacy of professionals, and challenge communities to become ability first.

Whom We Serve: E3’s health promotion efforts serve Individuals with disabilities (physical, intellectual, behavioral, visual, hearing.), older adults, refugees, English language learners, and at-risk youth. All programs have specific spots for peers without disabilities to promote inclusion.

We serve participants across the Valley, Virginia, and nationwide.

Research: E3 explores questions across participants, families, pre-service/in-service professionals, and communities (e.g., barriers to participation; improvements in physical and mental health, community participation, and social determinants of health; increases in disability literacy and self-efficacy).

Program Fees: Fees are in the descriptions of each program. Grant funds offset program fees. Scholarship funds are available for those unable to pay due to circumstances. Please pay program fees to James Madison University (JMU), Memo Line, Empowerment3.

LET’S DISCOVER YOUR ABILITIES! - REGISTER TODAY!
Physical Activity & Nutrition: We offer small group and one-on-one programming via face-to-face, virtual, and hybrid formats.

1:1 Mentorship/Coaching: Each participant has a one-on-one mentor who provides individualized instruction and support. A mentor participates alongside their mentee in all activities.

Our mentors are pre-professional students across 30 different academic programs (e.g., kinesiology, health sciences, pre-med, pre-PT, pre-OT, psychology, social work, education/special education, engineering) at James Madison University. We also have Eastern Mennonite University, Bridgewater College, and Blue Ridge Community College mentors.

Social Connection: E3 believes same-age and cross-age peer engagement is essential! During small group programs, mentees and mentors engage with other participants to facilitate communication and social inclusion. Individuals celebrate their successes with peers during one-on-one programs by posting to our social media.

PROGRAM KEY

Face to Face Group Program (F2F)

Virtual or Hybrid (Zoom, Facetime, or Preferred Method)
SUMMER 2023
SMALL GROUP PROGRAMS
SESSION DATES: 5/16-6/15

TUESDAY

Ninja Warrior
Ages 3-9
5:30 - 6:30 pm

WEDNESDAY

Fitness 4 All
5:00 - 8:00 pm
Time Slots
• 5:00 - 5:45 pm
• 6:00 - 6:45 pm
• 7:00 - 7:45 pm
Sign up for ONE
45 minute slot.
Limited to six
(6) participants.
2 participants
per 45 minute
block

THURSDAY

Ninja Warrior
Ages 10-18+
5:30 - 6:30 pm

SUMMER CAMP

June 12-16
Ages 3-8
10:00 am - 12:00 pm
Ages 9-16, 17+
10:00 am - 2:00 pm
Ninja Warrior
May 23rd - June 16th

Do you love American Ninja Warrior? Train like a Ninja Warrior with adapted versions of the shows most iconic obstacles! Improve motor skills, body control, cardiovascular endurance, upper body strength, & balance while allowing participants to work on social and communication skills in an authentic environment.

Participants will move through varying obstacle courses and physical challenges to complete each station at their own pace and ability level.

Age Group: 3-9
Tuesday 5:30-6:30 pm
Price: $30
Location: Godwin Hall, JMU

Age Group: 10-18+
Thursday 5:30-6:30 pm
Price: $30
Location: Godwin Hall, JMU
Fitness 4 All
May 24th - June 14th
Wednesday 5-8pm

This Program allows individuals of all ages and ability levels to explore how to improve their physical and emotional health through individualized fitness alongside a mentor/coach.

*Virtual fitness sessions may be available upon request and available mentor/coach*

**Example opportunities:**
- An individual with cerebral palsy and his mentor created their full-body workouts to do together.
- An individual with a visual impairment and autism showed off her boxing skills each week.

**Age groups:** 10-17; 18-50; 51+

**Time:** Sign up for ONE 45 minute slot
5:00-5:45 pm; 6:00-6:45 pm; 7:00 - 7:45 pm

**Price:** $30

**Location:** Godwin Hall, JMU
EMPOWERMENT3 SUMMER CAMP

AGES 3-8 FROM 10 AM-NOON
COST $100

AGES 9-16, 17+ FROM 10 AM-2PM
COST: $200

*BRING YOUR OWN LUNCH*
*PARTIAL AND FULL SCHOLARSHIPS AVAILABLE*

SPORTS, RECREATION AND LIFETIME ACTIVITIES
at James Madison University

Shenandoah Valley Inclusive Wellness Coalition
EMPOWERMENT3
Department of Kinesiology
JMU
1. Please ensure the mentee has appropriate footwear (sneakers/tennis shoes) for land-based programs. Ensure clean flip-flops, crocs, or water shoes for water-based programs.

2. Please ensure the mentee wears appropriate athletic wear to programs. Land programs: Shorts or exercise pants and a t-shirt; Water programs: One-piece bathing suit, shorts/t-shirt, or two-piece. Proper attire ensures participant safety as well as protects mentors and equipment.

PROGRAM FEES

1. Program fees are paid to James Madison University (JMU), memo line: Empowerment3. Scholarships are available - based on financial need (written justification needed – e.g., fixed income, SSI, economic hardship). Mentees on scholarship may be limited to one program depending on program availability. Grant funds or independent donors provide scholarships.

INCLEMENT WEATHER POLICY

1. If JMU OR Harrisonburg City Schools are closed, programs are automatically canceled. We will cancel programs if the weather is unsafe.

2. If we cancel programs the day before, mentees will be notified by e-mail. If we cancel the day of programs, mentees will receive an e-mail and call/text. Cancellations will post on social media as well.

PHOTO RELEASE

Empowerment3 takes photos/videos during programs and events to use in our newsletters, training for volunteers and staff, and promotional or educational materials. Participants or Guardians must indicate their photography preference during registration.
STAY TUNED!

June and July Programming
**more information coming soon**

[Image of people in a park]
Empowerment3 Leadership
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Program or Research Questions??

Become a Program Partner or Sponsor

Center Contact Info

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