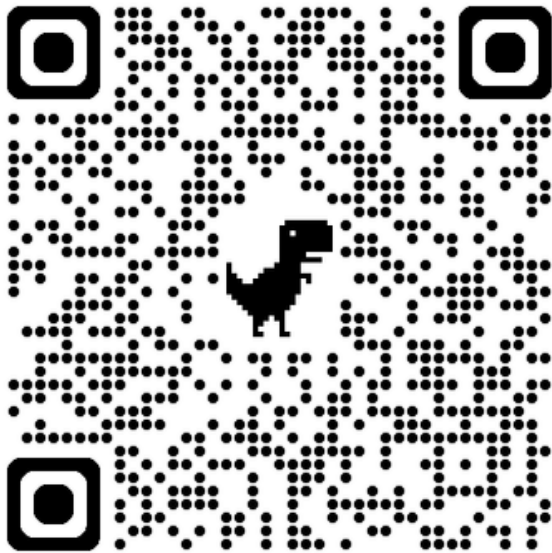


Partial scholarships are available based on financial need.
Apply for scholarship on the Registration form.



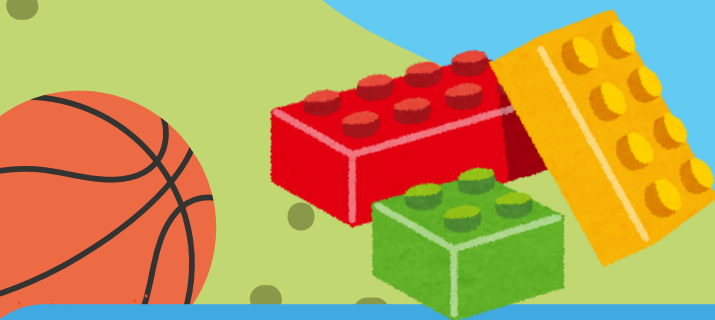
Empowerment3 2025 Summer Camp Program Guide



SCAN QR CODE OR
**USE THIS
REGISTRATION LINK**

**[HTTPS://BIT.LY/43APZ
JL](https://bit.ly/43APZJL)**

**REGISTER BY
MAY 31ST**



EMPOWERMENT3

(E3)

OVERVIEW

Our Mission: We seek to empower **individuals and their families**, **professionals** (in-service and pre-service), and **communities** using physical activity/nutrition/wellness, mentorship, career readiness, and social connection.

What We Do and Whom We Serve: E3 conducts *programming, research, and training* as we educate, equip, and empower:

Individuals: Weekly physical activity mentorship programs seek to improve underserved populations' quality of life outcomes.

We serve children and adults with disabilities, English language learners, refugees, at-risk youth, veterans, older adults, and others (ages 3 to 100+). *To promote social inclusion, all programs have specific spots for peers without disabilities.*

Professionals: Professionals trained in the "ability first" and neurobiologically-informed methodologies while gaining hands-on experience serve as 1:1 mentors or program leads.

Communities: We promote system changes (policy, practice, and environmental) to support a community or organization's ability to serve and support all members.

Research: E3 explores the impact of our physical activity mentorship interventions on (1) combating barriers to participation, (2) improvements in physical health and emotional wellness, movement behaviors and social determinants of health, (3) improvements in professionals' ability literacy, attitude toward underserved populations, and instructional efficacy, and (4) policy and practice changes within an organization or community.

PROGRAM POLICY

PROGRAM GUIDE -SPRING 2025

PROGRAM ENROLLMENT REQUIREMENTS

1. All participants (mentees) must submit all paperwork electronically, mail the forms, or drop off the documents to enroll. Mentees can call E3 (540-568-4877) to complete initial paperwork if needed. Mentees must complete a “consent to participate form,” which requires a doctor’s signature to enroll.
2. **Mentees must submit all paperwork and program fees at the start of the first program.** Spots are limited, and while you may have a space reserved, your program slot is only guaranteed once payment is received. Without submission of the appropriate paperwork, the organization must withhold program participation until all documentation is on file.
3. E3 conducts Community-Based Participatory Research (CBPR) to determine the impact of our programming on mentees, mentors, caregivers, and instructors. **All mentees, with their mentor, complete pre-post testing during each program’s first and last week.** In addition to research, data collection will establish individualized program goals and assess program improvement at the end. This impact data is essential to our programming and E3’s ability to secure external funding to keep fees down!
4. Mentees agree to attend all scheduled programs. If a participant must miss a program due to illness, family conflict, travel/weather concern, etc. – a guardian or caregiver will notify the specified program contact (in advance if possible). Please remember that our mentors are volunteers; if a mentee does not show up, the volunteer believes they are no longer needed and often drops out, leaving us short-handed if the participant attends future weeks.

PROGRAM POLICY

PROGRAM GUIDE - SUMMER 2025

APPROPRIATE PROGRAM ATTIRE

1. Please ensure the mentee has appropriate footwear (sneakers/tennis shoes) for land-based programs and 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 safety for participants and mentors.

PROGRAM FEES

1. Program fees are paid to James Madison University (JMU), memo line: Empowerment3. *Program Fees for Summer are on a sliding scale - Pay what you can.* **Partial scholarships are available based on financial need** (written justification needed, e.g., fixed income, SSI, or economic hardship). Mentees on scholarship may be limited to one program, depending on program availability.

INCLEMENT WEATHER POLICY

1. Programs are automatically canceled if JMU OR Harrisonburg City Schools are closed. We will cancel programs if the weather is unsafe.
2. If we cancel programs the day before, mentees will be notified by email. If we cancel programs on the day of, mentees will receive an email and a call/text. Cancellations are also posted on social media.

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.

E3 PROGRAMMING

FRAMEWORK

Physical Activity & Nutrition: We offer **small group and one-on-one** programming via *face-to-face* formats. E3 sees participants through an “**ability lens.**” Our team conducts an ability assessment (pre-post) as we seek to improve *physical health, emotional wellness, and quality of life* outcomes.

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.

E3's 1:1 mentors are pre-professional students in 30 *academic programs within James Madison University* (e.g., kinesiology, health sciences, pre-med, pre-PT, pre-OT, psychology, social work, education/special education, and engineering). We also accept mentors from Eastern Mennonite University, Bridgewater College, and Blue Ridge Community College.

Social Connection: E3 believes **same-age and cross-age peer engagement** is essential! Mentees and mentors engage with other participants during weekly activities to facilitate communication and social inclusion. Participants celebrate and document their successes with mentors and peers each week.

EMPOWERMENT3 PROGRAM

EXPLORATION

Empowerment3 is excited to offer a program exploration opportunity.
New to Empowerment3: experience our mentorship program model.
For returning participants: test out a few of our camp themes.

Each week, **two activity themes** are *offered* for different age groups.
Chose one or both themes; Choose whole week, one day or MW/TR.

Participants are divided according to the following age groups:

AGES: 4-6, 7-9, 10-13, 14-18, 19+

5:15 - 6:15 pm - Theme 1 (Ages 4-9); Theme 2 (Ages 10 - Adult)

6:30 - 7:30 pm - Theme 2 (Ages 4-9); Theme 1 (Ages 10 - Adult)

Participants staying for both sessions - bring a snack/sandwich

Program Fees

(Sliding Scale - Pay What You Can)

Full Week Exploration:

One Program: \$15-25

Two Programs: \$25-50

Single & Dual Sessions

One Session: \$5-10

Two Sessions: \$10-20

Register using the QR code and link on the front cover!
Payment, scholarship, and medical form information on page.

Have questions? Email empowerment3@jmu.edu

PROGRAM EXPLORATION WEEKLY THEMES

MAY 19-22

Theme #1:

Multi-Sport - Team
(Basketball, Soccer,
Volleyball, Baseball/Softball,)

Theme #2:

Lego

MAY 27-30

TUES - FRIDAY

Theme #1:

Dance

Theme #2:

Arts & Crafts

JUNE 2-5

Theme #1:

Multi-Sport - Individual
(Tennis, Badminton, Pickleball,
Ping Pong)

Theme #2:

Gaming



EMPOWERMENT3 SUMMER CAMP

Empowerment3 is excited to offer an inclusive and engaging Summer Camp this summer. Camps are for **CAMPERS WITH AND WITHOUT DISABILITIES**. We offer weekly sessions for the entire summer (June 9 - August 7)!

Each week, **two activity themes will be** offered in the morning and afternoon for different age groups. You can sign up for Full Day Camp to participate in both themes, OR you can register for a Half Day to get access to one of the themed sessions.

Campers are divided according to the following age groups:

AGES: 4-6, 7-9, 10-13, 14-18, 19+

CAMP FEES

Sliding Scale - Pay What You Can

Full Day Camp:

Time: 9AM to 4PM
(bring bagged lunches)
Cost: \$50-100/week

Half Day Camp:

Morning Theme Time:
9AM to 12PM

Afternoon Theme Time:
1PM to 4PM

Cost: \$25-50/week

Sign up for as many weeks of camp as you would like

Registration Deadline: **May 31st**

Register using the QR code and link on the front cover!
Payment, scholarship, and medical form information on page.

Have questions? Email empowerment3@jmu.edu

SUMMER PROGRAM WEEKLY THEMES

JUNE 9-12

Theme #1:
Ninja Warrior/Superheros

Theme #2:
Arts & Crafts

JUNE 16-19

Theme #1:
Gymnastics

Theme #2:
Cooking

JUNE 23-26

Theme #1:
Karate/Martial Arts

Theme #2:
Outer Space



SUMMER PROGRAM WEEKLY THEMES

JULY 7-10

Theme #1:
Basketball

Theme #2:
Arts and Crafts

JULY 14-17

Theme #1:
Dance

Theme #2:
Gaming

JULY 21-24

Theme #1:
Soccer

Theme #2:
Adventure

JULY 28-31

Theme #1:
Summer Camp Games

Theme #2:
Nature

SUMMER PROGRAM WEEKLY THEMES

AUGUST 4-7

Theme #1

Multi-Sport - Team
(Basketball, Soccer,
Volleyball, Baseball/Softball)

Theme #2:

Gardening AND Music

AUGUST 11-14

Theme #1:

Individual Sports - Dance, Track
and Field Events, Gymnastics

Theme #2:

Lego & Gaming



E3 IMPACT PARTNER



Is your home a good fit for your family?

Comprehensive Home Accessibility Information

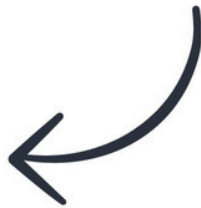
There are a lot of details to consider. Don't overlook anything important!

50% off
(Regularly \$299)

Enter this in your browser:

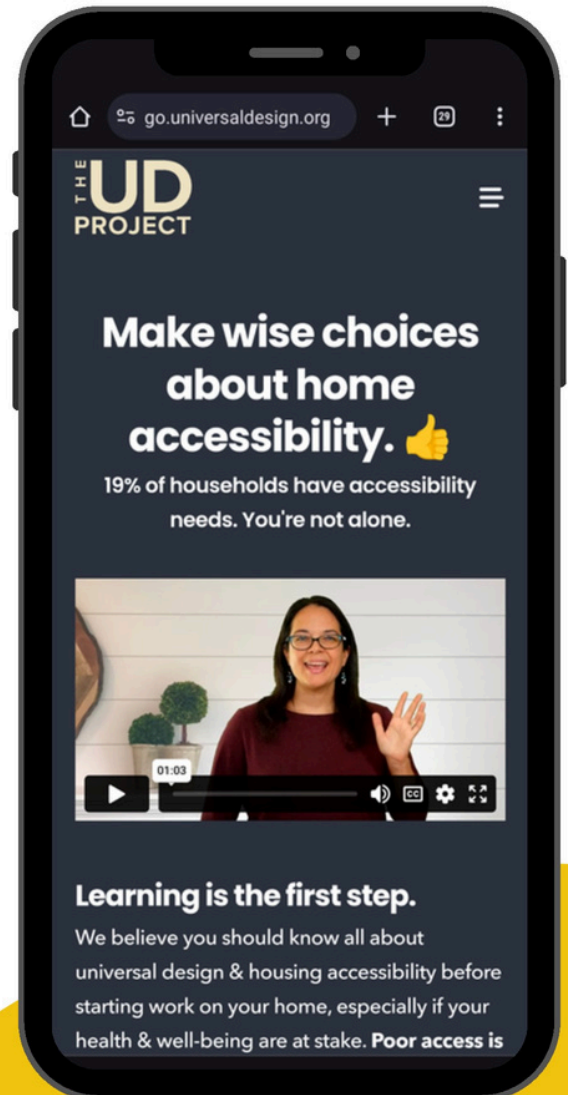
go.universaldesign.org

Or scan this with your phone:



Look for the "Got a Flyer? Click Here."
button & then use this discount code for
50% off the All Access Bundle:

EMPOWERMENT3



- 5 Video-Based Courses
- Printable Guidelines
- Products & Techniques
- Community Discussion

Taught by Sarah Pruett, OTR/L, a licensed occupational therapist.

FREE TO JOIN - BECOME A MEMBER TODAY!



Shenandoah Valley Inclusive Wellness Coalition (SVIWC):

INDIVIDUALS & CARETAKERS



ABOUT US

WHO WE ARE

SVIWC 's mission is to bring together organizations and advocates to make a more inclusive Shenandoah Valley. We strive to provide resources and opportunities to underserved communities such as children and adults with disabilities, English language learners, refugees, seniors, alongside all communities

YOUR ROLE IN SVIWC

WE NEED YOUR HELP

Individuals and Caretakers primarily benefit from the Coalition! However, to optimize the SVIWC experience it is important for individuals and caregivers to share their perspectives (e.g., successes struggles, needs, etc.) Your voice will make programs and services more appropriate and inclusive. SVIWC needs you!

HOW SVIWC CAN HELP YOU!



SCHOLARSHIP

Discounted enrollment in community wellness programs for individuals with disabilities.



CONNECTION

The coalition provides a place to connect with other individuals and families who share similar experiences.



SUPPORT

SVIWC will help support and advocate for your needs to make sure that you have access to inclusive programming.

For more information visit the link or contact:
valleyiwc@gmail.com or call (540) 568-4877

WWW.INCLUSIVEWELLNESS.ORG

FREE TO JOIN - BECOME A MEMBER TODAY!



Shenandoah Valley Inclusive Wellness Coalition (SVIWC):

DISABILITY ADVOCATES AND SERVICE PROVIDERS



ABOUT US

WHO WE ARE

SVIWC's mission is to bring together organizations and advocates to make a more inclusive Shenandoah Valley. We strive to provide resources and opportunities to underserved communities such as children and adults with disabilities, English language learners, refugees, seniors, alongside all communities

YOUR ROLE IN SVIWC

WE NEED YOUR HELP

Disability Advocates and Service Providers are essential in sharing the needs and desires of the population(s) they serve. Advocates are also needed to educate and support wellness organizations about the needs of underserved populations.

HOW SVIWC CAN HELP YOU!



DATA

SVIWC collects data regarding gaps and demands for inclusive programming.



CONNECTION

The coalition provides a place to network and connect with other organizations and advocates.



ACCLAIM

Help the Shenandoah Valley become known for supporting individuals with disabilities!

For more information visit the link or contact:
valleyiwc@gmail.com or call (540) 568-4877

WWW.INCLUSIVWELLNESS.ORG

Many Thanks to our Program Partners



Seeking Program Sponsors & Impact Partners



PROGRAM REGISTRATION

PROGRAM GUIDE -
SUMMER 2025

CONSENT TO PARTICIPATE FORM

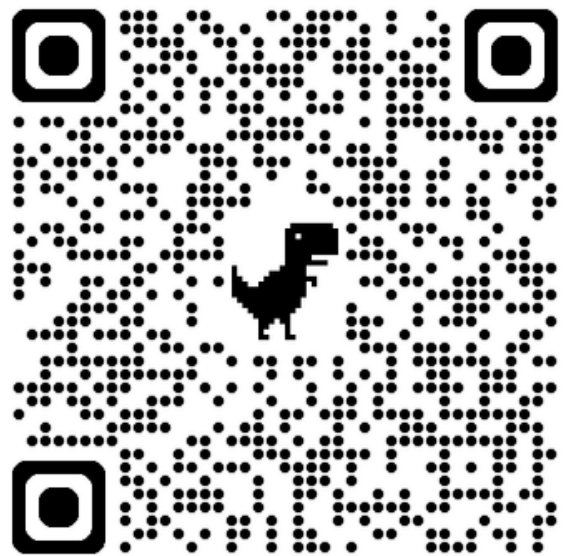
Medical Form Signed by a Doctor



(Must be completed every
12 months)

Scan QR code or use link:
<https://bit.ly/3QBainN>

REGISTRATION LINK



Scan QR code or use link:

bit.ly/43APZjL

Currently awaiting notice on our state and federal funding

Please help us find individuals, businesses, and corporations to
“stand in the gap.” - Direct [Donation Link](#) & QR Code below:



Empowerment3 Leadership

Dr. Thomas Moran, Executive Director
morante@jmu.edu

Taylor Daniel, Presidential Engagement Fellow
danie2tn@jmu.edu

Program or Research Questions??

Become a
Program Partner or Sponsor

Center Contact Info

Empowerment3

*Center for Physical Activity and Wellness for the
Underserved*

James. Madison University

Department of Kinesiology

261 Bluestone Dr., MSC 2302

Harrisonburg, VA 22807

Ph: 540-568-4877

E-mail: empowerment3@jmu.edu