



ADAPTED SWIMMING: ZINK HALL

SPRING 2018

Special Needs Activity Program Newsletter

About SNAP

Special Needs Activity Program

The **Special Needs Activity Program** at Indiana University of Pennsylvania is a motor development, physical fitness, and aquatic program geared towards individuals with a variety of disabilities.

Participants in the SNAP Program are individually assessed while performing a variety of basic locomotor and manipulative skills in the gymnasium and a variety of aquatic skills in the swimming pool. Additionally, participants have the opportunity to enhance their levels of physical fitness by utilizing the recently renovated James G. Mill Fitness Center, which contains a climbing wall and variety of cardio-respiratory and weight training machines.



SNAP

Special Needs Activity Program

Registration

For those individuals interested in joining the Special Needs Activity Program, please see the website (<https://www.iup.edu/kines/snap/>) and download a printable version of the **SNAP Registration Form**. This completed registration form may be brought with you to a SNAP session or mailed to

David Lorenzi at:

Zink Hall, Room 225
1190 Maple Street
Indiana, PA 15705

Program Information:

SNAP operates for seven weeks during the fall and spring semesters and for five weeks during the summer session.

During the fall and spring semesters, the Adult SNAP program meets on Wednesday evenings from 6:00 to 8:00 p.m. The Child SNAP program meets on Saturday mornings from 9:00 to 11:00 a.m. The Summer SNAP Program meets on Wednesday evenings from 6:00 to 8:00 p.m.



WHAT CLIENTS NEED TO BRING:

Clients should be dressed for physical activity in the gymnasium. An individual who is planning to swim should bring either a pair of swim shorts or a one-piece bathing suit along with a towel.

SNAP HISTORY

Physical activity programming for individuals with disabilities sponsored by the Department of Health and Physical Education (now the Department of Kinesiology, Health, and Sport Science) dates to the late 1960s/early 1970s. In 1972, Dr. Jim Mill started a gym and swim program in Waller Hall that served children with physical disabilities and was supported through grants from local mental health/mental retardation agencies. This physical activity program was linked to the Armstrong/Indiana Special Olympics program and Camp Orenda.



Spring Dates & Times

IUP Child SNAP:

- Saturdays (9:00am-11:00am)
 - March 24
 - March 31
 - April 7
 - April 14
 - April 21
 - April 28
 - May 5

Lifesteps SNAP:

- Fridays (10:15am-11:15am)
 - March 23
 - April 6
 - April 13
 - April 20
 - April 27
 - May 4

Indiana Area School District Adapted Swimming Program

IUP Adult SNAP:

- Wednesdays (6:00pm-8:00pm)
 - March 21
 - March 28
 - April 4
 - April 11
 - April 18
 - April 25
 - May 2

- Thursdays 7:30 am – 8:15am
 - January 25
 - February 1, 8, 15, 22
 - March 1, 8, 22, 29
 - April 5, 12, 19, 26
 - May 3, 10

Volunteer Information

Student volunteers from other campus programs are welcome to volunteer. All volunteer hours will be documented. To volunteer, individuals must bring original copies of ACT 34, ACT 151, and ACT 114 clearances.

REASONS TO VOLUNTEER INCLUDE:

- Fulfill community service hours
- Additional volunteer hours
- Looks great on your resume
- Hands-on experience
- Work with a variety of people with disabilities
- Fun and rewarding

Adapted Swim Program

The Indiana Area School District adapted swim program involves a small number of elementary school students with disabilities. This program takes place at the indoor pool on the first floor of Zink Hall. The program runs every Thursday during the semester from 7:30 to 8:15 a.m.



Lifesteps

Lifesteps is a community-based organization that offers a daycare program for adults with disabilities. The Lifesteps SNAP program is one hour in length and takes place in both gym A and the indoor pool in Zink Hall. The program runs on specified Fridays from 10:15 to 11:15 a.m.





WHO ARE WE?

The Special Needs Activity Program at Indiana University of Pennsylvania is a motor development, physical fitness, and aquatic program geared towards individuals with a variety of disabilities. Participants in the SNAP Program are individually assessed while performing a variety of basic locomotor and manipulative skills in the gymnasium and a variety of aquatic skills in the swimming pool. Additionally, participants get the opportunity to enhance their levels of physical fitness by utilizing the recently renovated Jim Mill Fitness Center, which contains a climbing wall in addition to a variety of cardio-respiratory and weight training machines.



LOCATIONS:

The program is run out of **Zink Hall** on the IUP campus. The building is located on Maple Street in front of the football stadium. The program meets in Gym A of Zink Hall and utilizes the indoor swimming pool and the **James G. Mill Fitness Center**.

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Contact Information

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