



EMPOWERMENT3 & OVERCOMING BARRIERS PRESENT:

GOLF AT THE FIRST TEE HARRISONBURG

Tuesdays in May from 5:15-6:15 pm
For individuals of all ages and ability levels.
Program fee: \$20 for four sessions
(Scholarships available)



For more information
and to register, go to
empowerment3.jmu.edu

Questions? Email overcomingbarriers@jmu.edu
or call (540) 568-4877

EMPOWERMENT³ PRESENTS: OVERCOMING BARRIERS

Program Schedule for Maymester 2018: May 7th – 31st

Monday	Tuesday	Wednesday	Thursday
Builders and Bulldozers 9:30-10:30 am Kinetic Kids Gym	Golf 5:15 - 6:15 pm First Tee Harrisonburg		Everybody Plays, Everybody Wins! 5:00-6:00 pm Elkton Community Center
Kidnastics 5:00 - 6:00 pm JMU Godwin Hall	Aquatics 5:00 - 5:45 pm ~OR~ 6:00-6:45 pm JMU UREC		
Fitness 6:30 - 7:30 pm JMU Godwin Hall			

For program descriptions, please go to empowerment3.jmu.edu

What is Empowerment³?

- Empowerment 3 is a center designed to provide a strong connection between education, research, and service for underserved youth and break down the barriers inhibiting their success and overall wellness.

What are Overcoming Barriers programs?

- Overcoming Barriers are developed to fit individuals with a wide range of abilities. Programs aim to facilitate moments of personal and fitness-related growth for individuals with and without disabilities.

Where can I register?

- Our registration is online for all programs. **Please visit empowerment3.jmu.edu to register.**
- Click on “Overcoming Barriers,” then “Programs”
- The deadline for registration is Friday, May 4th. Priority registration is given to individuals with a disability on a first come, first serve basis.

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