

# Special Needs Activity Program



Fall 2018 Newsletter

---



## About SNAP

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.

## Program Information

SNAP operates for seven weeks during the fall and spring semesters and for five weeks during the summer session. During fall and spring semesters, the Adult SNAP program meets on Wednesday evenings from 6:00pm to 8:00pm. The Child SNAP program meets on Saturday mornings from 9:00am to 11:00am. The Summer SNAP Program meets on Wednesday evenings from 6:00am to 8:00pm.

## Registration

For those individuals interested in joining the SNAP 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



## What 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.

## Meet the New Staff

### **Rachel Sandman**

Rachel is from Harrisburg, PA and completed her undergraduate degree at the University of Pittsburgh in Health and Physical Activity in 2017. She is now a graduate student at IUP pursuing a Masters of Health and Physical Education. Rachel has spent the past five summers working as the aquatics leader and activity leader at a small Christian camp in central PA, where she developed a passion for working with children and youth in an active setting. In her free time, she enjoys skiing and swimming recreationally. She is excited about her position as a GA for the SNAP program here at IUP. Rachel would like to pursue a career in Elementary or Secondary Health and Physical Education after completing her degree.



### **Kristen Bailey**

Kristen is from Murrysville, Pa and is currently a Graduate Assistant for the Kinesiology, Health, and Sport Science Department. She is excited to pursue her Masters of Education in Health and Physical Education at IUP. Kristen graduated with a B.S. from Slippery Rock University in Dance and a minor in Business Administration. She is passionate about teaching dance and is also working at Sue Hewitt's Dance Studio and choreographing for the Indiana High School Band visual ensemble. Upon graduation, Kristen hopes to pursue a career as a high school dance teacher in the Pittsburgh area.



## 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.

---

## 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. Over the past 50 years, the SNAP program has continued to grow into what it is today.

## Fall 2018 SNAP Dates

### IUP Child SNAP:

- Saturdays (9:00am-11:00am)
  - September 8, 15, 29
  - October 20
  - November 3
  - December 1, 8

### IUP Adult SNAP:

- Wednesdays (6:00pm-8:00pm)
  - September 26
  - October 3, 10, 17, 24, 31
  - November 7

### Lifesteps SNAP:

- Fridays (10:15am-11:15am)
  - September 14, 21, 28
  - October 5, 12, 19, 26

### Indiana Area School District Adapted Swimming Program

- Thursdays 7:30 am – 8:15am
  - September 6, 13, 20, 27
  - October 4, 11, 18, 25
  - November 1, 8, 15, 29
  - December 6, 13

## 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. Reason 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

## Contact Information

### **Director:**

David Lorenzi  
Zink Hall, Room 239  
[Davidlorenzi@iup.edu](mailto:Davidlorenzi@iup.edu)

### **Graduate Assistants:**

Rachel Sandman  
Kristen Bailey  
Zink Hall, Room 230  
[IUPSNAPGA@gmail.com](mailto:IUPSNAPGA@gmail.com)

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.

Zink Hall Address: 1190 Maple Street Indiana PA, 15705