



Summer, 2023 Special Event, Explorer and Program Support Volunteer Opportunities at EA Therapeutic Health

Fit4Play Summer Olympics

This functional small group program is based on Autism Fitness Theory and will focus on a different Summer Olympic game each week. Fit4Play provides children an opportunity to practice social skills with peers in an inclusive and safe environment while being active and having fun.

Monday/Wednesday	5:00 pm-6:00 pm	Age 7-11	June 5-July 31
------------------	-----------------	----------	----------------

Social Skills Camps: (Volume 1) We Thinkers! Social Explorers

These ½ day camps are for the experiential learner who is challenged by social communication in a small group setting. Using the We Thinkers! Social Explorers Curriculum, children will develop skills to be flexible social thinkers and problem solvers.

Monday-Friday	8:00 am-12:00 pm	Age 5-9	June 12-16
Monday-Friday	1:00 pm-5:00 pm	Age 5-9	June 12-16

Social Skills Camps: (Volume 2) We Thinkers! Social Problem Solvers

These ½ day camps are for the experiential learner who is challenged by social communication in a small group setting. Using the We Thinkers! Social Explorers Curriculum, children will develop skills to be flexible social thinkers and problem solvers. This week will dive deeper into exploring social thinking and social behavior skills learned in the Social Skills Volume 1 Camp.

Monday-Friday	8:00 am-12:00 pm	Age 5-9	July 31-August 4
Monday-Friday	1:00 pm-5:00 pm	Age 5-9	July 31-August 4

Mini Sports Camp

This camp provides a positive first step into sports. Each day will focus on a different sport and the goal of this program is to provide children an opportunity to practice sports specific skills with peers in an inclusive and safe environment while being active and having fun. Please note that this program is held at The Evangel United Methodist Church Gymnasium.

Monday-Friday	9:00 am-10:00 am	Age 3-5	June 26-30
Monday-Friday	9:00 am-10:00 am	Age 3-5	July 17-21

Sports Camp

This camp provides a positive first step into sports. Each day will focus on a different sport and the goal of this program is to provide children an opportunity to practice sports specific skills with peers in an inclusive and safe environment while being active and having fun. Please note that this program is held at The Evangel United Methodist Church Gymnasium.

Monday-Friday	10:00 am-12:00 pm	Age 9-12	June 26-30
Monday-Friday	10:00 am-12:00 pm	Age 6-8	July 17-21

Self-Care Training and Pre-Employment Skill Building Camp

Teens will learn valuable self-care and pre-employment training to work at a company in the community. This camp is for ages 13-16 with intellectual disabilities or physical disabilities that require modification or adaptations to the work environment and will learn through hands—on experience by running EA Therapeutic Health's smoothie shop, movie theater, laundromat and more.

Mondays	10:00 am-12:00 pm	Age 13-16	June 12, 19, 26, July 10, 17
---------	-------------------	-----------	------------------------------

Handwriting Bootcamp

During this half day camp, children will learn preparatory strategies to prepare for writing, making their own writing rules checklist, identify strategies needed to improve legibility, spacing or baseline awareness and improve writing speed. Children will gain skills through play, positivity, and peer interaction.

Monday-Friday	8:00 am – 12:00 pm	Age 7-10	July 10-14
---------------	--------------------	----------	------------

Stroke Survivor Small Group Training

Volunteers with knowledge of exercise training and technique are needed to assist staff with this class for adults formatted to build the foundation of restorative movement.

Tuesday/Thursday	1:00 pm-2:00 pm	Adult	May 2-June 29
Tuesday/Thursday	1:00 pm-2:00 pm	Adult	July 6-August 31

Special Athlete Training: Strength and Circuit Training

Volunteers with knowledge of exercise training and technique and weight training are needed to assist staff with this group class geared toward adults. Focus is on strength, weightlifting, endurance and cardiovascular fitness needed for off-season training.

Tuesday/Thursday	3:00 pm-4:00 pm	Adult	May 2-June 29
Tuesday/Thursday	3:00 pm-4:00 pm	Adult	July 6-August 31

Wheelchair Athlete Adaptive Strength and Conditioning Small Group Training

Volunteers with knowledge of exercise training and techniques and experience in weight training are needed to assist staff with this class geared towards helping class participants be their best at their sport and recreational activities.

Tuesday/Thursday	5:00 pm-7:00 pm	Youth (13+) and Adult	May 2-June 29
Tuesday/Thursday	5:00 pm-7:00 pm	Youth (13+) and Adult	July 6-August 31

Adult Open Gym

EA Therapeutic Health is offering independent fitness opportunities for individuals to utilize the EA Therapeutic Health accessible fitness center. Volunteers are needed to assist with checking in participants, cleaning equipment and assisting staff with program oversight.

Tuesday/Thursday	4:00 pm-7:00 pm	Adult	May, June, July and August
------------------	-----------------	-------	----------------------------

Wheelchair Basketball Clinic

Volunteers are needed to assist with this Wheelchair Basketball Clinic geared toward youth age 10-17 at Ironwood Springs Christian Camp.

Saturday	9:00 am-12:00 pm	Age 10-17	May 13
----------	------------------	-----------	--------

Wheelchair Basketball Clinic

Volunteers are needed to assist with this Wheelchair Basketball Clinic geared toward youth age 10 and over and adults at Lourdes High School.

Saturday	8:00 am-12:00 pm	Youth age 10+ /Adult	July 15
----------	------------------	----------------------	---------

Walk With a Doc Events

EA Therapeutic Health hosts monthly Walk With a Doc events at Cascade Lake Park. Volunteers are needed to assist with event registration, refreshments and join the walk. Learn some health tips, take a walk and meet new friends! Check out our website for monthly program information.

Terra Loco \$5 5K

Show your support for EA Therapeutic Health and join us to volunteer and participate in the Terra Loco \$5 5K! Volunteer opportunities are available to assist with event registration, post race refreshments and more at this event!

Monday	5:30 pm-7:30 pm	All ages	June 12
--------	-----------------	----------	---------

Pre-Physical Therapy/Occupational Therapy or Speech Therapy Observations

We enjoy having students shadow at any time. Please contact us for more information on setting up a volunteer observation experience.

If you are interested in volunteer opportunities at EA Therapeutic Health, please reach out to

Jill Harkness, Volunteer Coordinator, at jill@chooseea.org

www.chooseea.org 507-259-7570

