Welcome to the Indiana University Adapted Physical Activity Program! This is an exciting program designed for two purposes: (1) to serve children with disabilities and their parents/guardians who live in Monroe County and surrounding areas; and (2) to prepare undergraduate majors in Kinesiology and other health-related programs to work with children with disabilities.

Program Operations: Dr. Georgia Frey is Director of the program. She is a faculty member in the Department of Kinesiology. Graduate and undergraduate students in the department serve as lab coordinators and assistants. Program participants will receive one-on-one instruction from students enrolled in K398, the undergraduate Adapted Physical Education course. These students are referred to as Hoosier teachers and they will be responsible for developing individualized plans for your child. Please do not refer to them as “buddies” or some other type of recreational companion. This is a professional obligation for these students, so we try to reinforce that concept. The course is typically comprised of pre-therapy, teacher education, recreation therapy, and exercise science majors.

Instruction is provided in the gymnasium settings. Hoosier teachers are also encouraged to take children outside, weather permitting. Hoosier teachers are supervised by program staff at all times.

Schedule: The program operates during fall and spring and follows the Indiana University (IU) academic calendar. The program is on Thursdays from 6:00-6:50 pm. Activities are conducted in the School of Public Health (formerly HPER) building on the IU campus.

Parking: As many of you are aware, parking on the IU campus is difficult. There is a pay lot in front of School of Public Health and across from the IMU on 7th Street. This lot is controlled by the Marriott organization. We cannot get parking passes for this lot, but we can offer validation for reduced cost. Contact Dr. Frey for further information or concerns about parking. We have tried to develop a plan that will make parking and access to the building as easy as possible. We ask that you arrive in plenty of time to park and walk into the building on time.

There are several spots for accessible parking in front of, on the south side, and behind the School of Public Health building. The most accessible location is on the south side entrance (past the guard gate, first driveway on the left) with entrance through the Wildermuth portion of the building. Talk with Dr. Frey for more specific directions.

Paperwork: The enclosed paperwork is necessary to provide your child with the best service. This information is strictly confidential and available only to the program staff and Hoosier teachers. You are under no requirement to sign the photo release form. We ask that you provide as much information as possible so that we are better able to plan for your child. Please mail, e-mail or fax (812-855-3193) the paperwork back within 2 days of receiving the information. Receiving paperwork in a timely helps us prepare the students.

Child Transportation: You will be asked to provide a list of people authorized to transport your child to and from the program. Please note that we will not release your child to someone we do not know and/or is not on that list.
Fees: The $30 fee covers operational costs of the program. If a family has two children with special needs then the total cost is $50. You may send your fee with your medical forms or bring it the first night. Personal checks are accepted and please make them out to Indiana University Adapted Physical Activity Program or IUAP.

If you would like your child to participate in the program, but are experiencing financial constraints, please contact Dr. Frey to make arrangements. No child will be turned away due to finances.

Parent Participation: You are encouraged to share any information with your child's Hoosier teacher that you think is beneficial. You may want to identify activities you would like to see your child practice (for example if your family likes to play soccer, work on activities that emphasize soccer participation). We also want your continuous input regarding the program. However, due to facility constraints and safety considerations parents cannot remain in the gymnasiums for the entire program time. The first night is "get to know you time", so it is expected that you will stay in the gym for a while and get acquainted with your child’s Hoosier teacher. The following nights we request that you bring your child to the gym and use the time as respite. There is a lounge and lobby in the building and the Memorial Union across will be open if you would like to have a beverage and relax elsewhere.

Participant Absences: If you know your child will be absent we ask that you notify the lab staff as soon as possible at 856-5072. This will enable us to plan ahead for each Thursday and your Hoosier teacher can readjust their curriculum. The programs that you miss will not be made up or reimbursed. Children who miss more than 2 programs in a term or are chronically late will be removed from the program, and moved to the bottom of the wait list. Please remember that this program has limited enrollment and many children are on the wait list. Also, it is also a learning experience for the Hoosier teacher, so when your child misses several programs, the Hoosier teacher loses valuable learning opportunities. We understand that children with disabilities may be medically fragile or susceptible to illness, and so enrollment status will not be affected by these occurrences. We also ask that you make every effort to be on time with drop-off and pick-up. We want your child to participate for the full time.

Weather Cancellations: The program will be cancelled only in cases of extreme weather conditions (e.g. icy, snow). Cancellations WILL NOT coincide with the school districts. You will be contacted about cancellations no later than 4:00pm on the program day.

IU Students: Please remember that many of the Hoosiers are teaching for the first time and most have not worked with children with disabilities. They will be supervised, but input from you is very important. If you have any concerns about a Hoosier's teaching approach we ask that you first discuss the matter with Dr. Frey and then she will talk with the student. We also would appreciate any positive remarks you may have. Our goal is to create future advocates for all people with disabilities!

Etc.: We understand that the evening time may overlap with dinnertime. We suggest that you provide your child a snack before lab, preferably something protein based. This will help improve their energy level. A nap before lab is often beneficial (for all of us 😊).

Your child's Hoosier teacher is not allowed to meet you outside of the program to make up missed programs or as part of the class. Personal arrangements between you and the student (e.g. babysitting) must occur independent of the program.
Attachments:

1. Child medical and education information form (please return prior to the program as an e-mail attachment)

2. Photo and/or web release form (please bring signed forms to the first night of the program; NOTE: you do not have to approve for photo/web use to participate)

Please send forms electronically to: gfrey@indiana.edu

If you cannot send them electronically, please send via regular mail to:

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Remember our motto: MOVEMENT IS FOR EVERY BODY!!