



EMPOWER

EMPOWERING YOUTH THROUGH MOVEMENT & REFLECTION

A fitness based program with building self-confidence at the core

This 8-week program will engage students in grades K-3 in physical activities that encompass all of the components of skill and health-related fitness. Students will participate in games, workouts, and cooperative activities that help to empower their minds and bodies. Important health topics relative to fitness and mental health will be covered in breakout sessions. Students will develop goal setting skills, self discipline, and positive self image along with improving their skill-related and physical-related health.



8 WEEK AFTER-SCHOOL PROGRAM FOR STUDENTS IN GRADES K-3

3:30-4:15 ACTIVITY BUS PROVIDED

**CLARA BARTON
WEDNESDAYS
11/13, 11/20, 12/4,
12/11, 12/18, 1/8,
1/15, 1/22**

**HOMEVILLE
FRIDAYS
11/8, 11/15, 11/22,
12/6, 12/13, 12/20,
1/3, 1/17**

To register:

[Empower Registration Form](#)

Any questions, contact the Athletic Office:

mahal@wmasd.org