

# New Wellness Matters Program!

*Adapted Physical Activities and Paralympic Activities*

*Offered by:*

*Kelle L. Murphy, D.P.E, CAPE, Center on Disability Studies*

*(Certified Adapted Physical Educator and Physical Educator with over 22 years of teaching experience)*

## **Activities:**

Pickleball, Sitting Volleyball, Volleyball, Goal Ball, Spike Ball, Four Goal Soccer, Soccer, Speedball, Football 5-a-Side, Handball, Indoor Golf, Basketball, Flag Football, and Corn Hole

*Each Activity will be offered individually and for 8-week sessions - Small class sizes for maximum participation and skill development*

## **First Session**

*October/November, 2022; Activity- Pickleball*

*October 4,11, 18, 25; November: 1, 8, 15, 22*

## **Class Information**

**Eligibility:** Open to all ID/DD adults 18 years and older

**Cost:** \$150 for each 8 week sessions; sliding fee available

**Day and Time:** Tuesdays 4:00-7:00 PM

*\* Time will be given to change from 4:00-4:30 PM and 6:30-7:00 PM*

*\* Class is from 4:30-6:30 PM*

*\* First hour - skill practice; Second hour - games and tournaments*

**Class Size:** 15 students

**Location:** University of Hawaii at Manoa Studio 3, Lower Campus

**Registration:** Email Dr. Kelle Murphy at [Kellem@hawaii.edu](mailto:Kellem@hawaii.edu) to register