



# Kinetic Enrichment Program™

A *first-of-its-kind* alternative to physical education combining fitness, strength, sports, games, and education in science, anatomy, and nutrition for kids grades 1st through 8th.

Developed and backed by doctors of physical therapy, movement specialists, strength and conditioning specialists, and personal trainers to meet the needs of today's youth, parents, and schools.

## **P.E. Reimagined for Today's Educational Landscape**

- ▶ **Enhanced Development** • Takes the traditional components of physical education while subtly introducing children to the fundamental value of 3D movement to develop a more enriched, injury-free, and functionally-integrated life ahead.





## Parents, PTA/O, School Leaders,

As we enter the start of the school year with distance learning as our reality, we are acutely aware of the volume of challenges on your plate. Keeping the students safe while still providing an optimal learning environment is imperative for the development of these young minds, and the current economic landscape has clearly posed some unique challenges. We want to provide your children with a solution that meets the needs of all.

We are Rehab United Physical Therapy, a health and wellness company based here in Seattle that specializes in physical therapy, fitness, massage, nutrition services, and youth training programs. In an effort to provide support to your school and help ease the current burden on educators and the school system, we have recently launched our innovative **Kinetic Enrichment Program™**, which we believe provides a solution to at least one vital component of the upcoming school year: offsite and in-person physical enrichment classes in lieu of physical education.

As passionate experts in the field, we have invested years helping to improve the health and wellness of students in our community and we recognize the impact of not having activities such as organized sports and physical education. The state requires these hours and we can fulfill them with our expertise and experience within the school system.

The program combines fitness, strength, sports, games, and education in science, anatomy, and nutrition. Our goal is to give parents a safe outlet for their children to exercise, use their minds while using their physical bodies, and burn off some steam to use their energy and challenge them as a supplement to physical education. This also gives parents the much-needed break from home schooling for a few hours each week.

We appreciate the opportunity to work with your kids/students in this exciting new program. We understand that each school and district are different and some have virtual P.E. in place. Our goal is to reach the parents and give them an opportunity or alternative to provide some much-needed in-person time that is outside and socially distanced. Please help us share this program with those whom you feel would be interested.

Thank you for all that you are doing for the children in our community, especially those who have been greatly impacted by the COVID-19 pandemic. We hope our program gives some semblance of normal and look forward to serving your students and their families.

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# Program Details

## 14-Week Semester Program

- ▶ **Location** • Classes held primarily outside at local parks. Indoor facilities to be used based on county approvals. Photos of locations will be available on program site once finalized
- ▶ **Duration** • Program consists of 2-hour classes with availability six days a week
- ▶ **Frequency** • Parents may choose for 1-2 times per week. More than 2x per week upon request
- ▶ **Flexibility** • Several class times available:
  - ▶ 8AM to 10AM
  - ▶ 10AM to 12PM
  - ▶ 1PM to 3PM
  - ▶ 2:30PM to 4:30PM
  - ▶ 3PM to 5PM
- ▶ **Consistency** • Children stay with the same instructor and the same group (pod) of kids all 14 weeks. Group sizes will be based on Seattle/Washington phased guidelines
- ▶ **Familiarity** • Parents may request for children to be placed in the same pods as their friends
- ▶ **Athlete Class** • Available for kids/parents who want a higher level of performance

## Design & Curriculum

Program Design and Curriculum to include the following, with the goal of children having safe social interaction, building relationships, and communication while learning skills of speed, fitness, agility, games, strength, education, and battling childhood obesity.

- ▶ **Part 1** • Warm-Up and Fun
- ▶ **Part 2** • Fitness, Speed, Agility, Game
- ▶ **Part 3** • Strength
- ▶ **Part 4** • Education (Science, Anatomy, Nutrition)





# Safety Protocols

## Instructors

Head Instructor of this Program is Certified in Physical Education.

All instructors are fingerprinted through Live Scan, go through an extensive background check, and hold professional liability insurance.

All instructors are licensed or certified in the state of Washington and are CPR certified.

## COVID Safety & Compliance

The health and safety of children, their families, and our community as a whole is at the forefront of our every decision. We believe we have a system in place that will keep all participants as safe as possible while still abiding by the CDC, WHO, as well as local and state government recommendations.

- ▶ **Compliance** • Program will follow all recommended CDC, and local/state guidelines.
- ▶ **Masks** • All KEP™ instructors will be required to wear a mask at all times. Parents and children will be required to wear masks upon arrival until at a safe distance from others.
- ▶ **Social Distancing** • Kids will be distanced appropriately.
- ▶ **Temperature Checks** • Upon arrival, students will have their temperature checked.
- ▶ **Outdoor Space** • Classes take place outdoors in a wide open space.
- ▶ **Small Groups** • Small groups allow us to have a more controlled environment
- ▶ **Minimal Contact** • Class sessions are designed to allow for fun and engaging physical and social activity that requires minimal physical contact.
- ▶ **Hand Sanitizers** • Kids will be required to sanitize upon check-in and departure.
- ▶ **Clean Equipment** • All equipment will be cleaned and sanitized before and after each use. Equipment that requires surface contact with the student will not be shared.

As a company deeply rooted in health and wellness, we understand the reality around the risk of exposure and assure you that we are committed to doing everything in our power to keep participants and our staff safe. Likewise, however, we understand the detrimental impact that the lack of physical and social activity can have on children and want to provide a safe space that enables them to satisfy this fundamental need.

The full scope of our Safety Standards and Protocols can be found on our program website.





# Registration

## Costs

- ▶ **\$45.00 Per Session** • Once A Week
- ▶ **\$40.00 Per Session** • Twice A Week

Fees due in full upon registration. Registration fees are non-refundable and non-transferable.

## Registration



*To register,* visit us online at <https://www.rehabunitedseattle.com/kep> or by scanning the QR Code to the left and complete the registration form.

For more information about the program prior to registering, you may also contact our Program Directors by submitting an inquiry form on the program site.

