

# SPORTS AND RECREATION

Adaptive & inclusive opportunities

## RECREATIONAL THERAPY

GYMNASTICS  
CHEERLEADING  
NERF ARCHERY  
ART & EXPLORATION  
CARDIO BOXING  
TAE KWON DO  
BALLET & HIP HOP  
MUSIC & EXPLORATION

For those with special needs or physical disabilities

## GROUP FITNESS

STRETCH & TONE  
YOGA  
ZUMBA

For those with and without disabilities  
PARENTS WELCOME

## SPORT CLINICS

FLAG FOOTBALL  
LACROSSE  
SOCCER  
TRACK & FIELD  
BASKETBALL  
KICKBALL  
VOLLEYBALL

For those with special needs or physical disabilities

## ADAPTIVE SPORTS

POWER SOCCER  
WHEELCHAIR BASKETBALL  
WHEELCHAIR TENNIS  
SLED HOCKEY  
SITTING VOLLEYBALL  
ADAPTIVE WATER SKIING  
ADAPTIVE OUTDOORS  
TRACK & FIELD

For those with physical disabilities



### OUR MISSION

To provide opportunity and inclusion of all persons, regardless of ability, for sport, recreation, therapy, and employment

### TRADITIONAL THERAPY

Physical, Occupational, & Speech

### THE FRIENDSHIP PLACE

Adult care and respite for caregivers

### DREAMPLEX THERAPEUTIC SCHOOL

A positive learning experience for all children

### VOCATIONAL PROGRAM

Building independence through valuable skills

### SPORTS AND RECREATION

Adaptive & inclusive opportunities

### SOCIAL EVENTS

Enjoying life and celebrating diversity

## VISIT OUR WEBSITE & JOIN OUR E-NEWSLETTER

[www.cflreamplex.com](http://www.cflreamplex.com)



Sport Clinics  
Community Events  
Adaptive Sports  
(and more!)



## RECREATIONAL THERAPY

Therapeutic recreation assists in the improvement of emotional, cognitive, physical, and social well-being. Unless otherwise noted, these classes are intended for those with intellectual or developmental disabilities or special needs.

- Members have 1st priority
  - Registration must be done in advance
  - No refunds
  - 1st class free for new participants
  - All new and current members contact Abby Mendo at (352) 612-8196 or amendo@cfdreamplex.com
- |  |    |                       |
|--|----|-----------------------|
| <u>Unlimited Class Membership</u>      | OR | <u>Pay-Per-Class</u>  |
| (contingent on availability)           |    | \$75 per 8-week class |
| \$50/month for 1 participant           |    |                       |
| \$65/month for 2 participants          |    |                       |
| \$75/month for Family (up to 6 people) |    |                       |
| Scholarships are Available             |    |                       |
| Email amendo@cfdreamplex.com           |    |                       |

## GYMNASTICS

Mondays  
 5:30-6:15 PM | 4-12 years old  
 6:15-7:00 PM | 13+ years old



Gymnastics classes emphasize flexibility, gross motor skills, balance, strength, coordination, and social skills. The focus is on teaching skills in small increments and building one skill on another. This allows children to enjoy achieving small goals leading to improvement of their physical and social skills as well as their self-confidence.

Instructor: Madi

## TAE KWON DO

Thursdays  
 6:30-7:15 PM | Beginners and white belts  
 7:15-8:00 PM | Yellow belts and above



This 45 minute class is open to beginners and all levels of experience and will introduce proper stretching, warm-ups, and Tae Kwon Do forms. Participants learn and refine their skills in kicking, punching, blocking, and one step techniques. Classes change as students learn and adapt to new challenges. Presented in association with World Class Taekwondo!

\*Skill level placement is at parent and instructor discretion

Instructor: Master Suresh Young Lalla

## ADAPTIVE SWIM LESSONS



REGISTER ONLINE  
[www.cfdreamplex.com/adaptiveswim](http://www.cfdreamplex.com/adaptiveswim)

We are excited to offer Private Adaptive Swim Lessons!

Students will receive a series of 8, 30 minute swimming lessons by Becky James, a licensed, insured, and adaptive aquatics certified instructor.

## SPORT CLINICS & ADAPTIVE SPORTS

Visit our website for more information about our sport clinics and adaptive sports.

[CFLDREAMPLEX.COM/SPORTSCLINICS](http://CFLDREAMPLEX.COM/SPORTSCLINICS)

[CFLDREAMPLEX.COM/ADAPTIVESPORTS](http://CFLDREAMPLEX.COM/ADAPTIVESPORTS)

## GROUP FITNESS

The following classes are open to everyone, including those with or without disabilities. See descriptions for age restrictions.

Pay via membership or \$5/class

### ZUMBA

Mondays 7:15-8:00 PM  
 Wednesdays 11:00-11:45 AM

A class designed for everybody! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba is a total workout combining all elements of fitness - cardio, conditioning, balance, and flexibility!

Wednesday classes will take place in The Friendship Place suite - check in at front desk

Instructor: Isaac

### STRETCH & TONE

Tuesdays  
 7:15-8:00 PM

Looking for better strength and flexibility? In this class you'll tone your tum, legs and arms, working your muscles to move better, bend more easily and reach higher.

Instructor: Megan Craycraft

### CHAIR YOGA

Thursdays 10:45-11:30 AM  
 @ The Friendship Place

Yoga focuses on developing core strength, toning muscles, increasing flexibility, and reducing stress. Yoga can be done seated on the floor, on a chair, or by using a chair for support. This class is appropriate for adult students who simply prefer to move at a slower pace.

Instructor: Megan Craycraft

**illuminate**  
 for **inclusion**  
*a story of light and unity*

**NOVEMBER 17TH, 2024**  
**3:00 PM TO 6:00 PM**