

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



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@cfldreamplex.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@cfldreamplex.com | | |

GYMNASTICS Mondays 6:15-7:00 PM | 4-12 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

CARDIO BOXING Mondays 7:15-8:00 PM



This non-contact boxing program offers a 45 minute class for all levels of experience. The class includes instruction on stretching and warm-up exercises, proper boxing stance, body positioning, and punching techniques. Each participant will get to practice the speed bag, heavy bag and focus mitt combos, and other fun conditioning drills. These boxing drills aim to help improve the participant's muscular endurance, focus, hand-eye coordination, and overall strength. The boxing program is also a great stress reliever and self-confidence booster!

Instructor: Cameron Gomes

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

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

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

SPORT CLINICS & ADAPTIVE SPORTS

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

WWW.CFLDREAMPLEX.COM/SPORT-CLINICS

WWW.CFLDREAMPLEX.COM/ADAPTIVESPORTS

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

