

The Central Florida Dreamplex is a center for fitness and recreation open to everyone but specifically designed for families with special needs. Our facility blends alternative therapy, adaptive sports, recreational activities, and group fitness classes for the whole family into one location to serve your wellness needs.

### Recreational Therapy

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

For those with physical disabilities or special needs

### Group Fitness

STRETCH & TONE  
 YOGA  
 ZUMBA  
 BALLROOM DANCE

For those with and without disabilities  
 PARENTS WELCOME

### Adaptive Sports

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

### Therapy

PHYSICAL THERAPY  
 OCCUPATIONAL THERAPY  
 SPEECH & LANGUAGE  
 EARLY INTERVENTION  
 AQUATIC

### Sports Clinics

FLAG FOOTBALL  
 LACROSSE  
 SOCCER  
 TRACK & FIELD  
 BASKETBALL  
 KICKBALL  
 VOLLEYBALL

### Programs & More!

DREAMCARE  
 LITTLE DREAMERS  
 DANCE NIGHTS  
 SPACE RENTALS  
 THERAPEUTIC SCHOOL  
 GAME NIGHT  
 SOCIAL SKILLS  
 VOCATIONAL SEWING  
 THE FRIENDSHIP PLACE

## SEE BELOW FOR MEMBERSHIP OPTIONS!



## Ask us about our Adaptive Sports programs!

### Class Registration

- Members will have 1st priority
- Registration must be done in advance to reserve a spot
- All new and current members contact Abby Mendo at (352) 612-8196 or amendo@cfdreamplex.com

### Payment Options (No Refunds)

First class FREE for new participants!

Unlimited Class Membership  
 (contingent on availability)

\$50/month for 1 participant

\$65/month for 2 participants

\$75/month for Family (up to 6 people)

OR

Pay-Per-Class

\$85 per 10-week class per participant

\$45 for 5-week Art Class per participant

Scholarships are Available

Email Abby for more info: amendo@cfdreamplex.com

## 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.

### ART

**Mondays, March 18th-April 15th (5 week class)**  
 6:15-7:00 PM



Art & Exploration not only encourages creative thinking and imagination, but helps individuals express their feelings while building self-esteem. This class will strengthen hand-eye coordination, fine motor skills, and social skills. The focus is to develop these skills while building, painting, and designing items that can be enjoyed at home. Attendance at each class is very important to ensure participants stay on track with their craft.

Additional \$5 for craft supplies is due upon registration

Instructor: Lianne Robinson

### TAE KWON DO

**Thursdays**  
 6:30-7:15 PM Recommended for beginners and white belts  
 7:15-8:00 PM Recommended for 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

We are excited to offer Private Adaptive Swim Lessons again for Swim Season!

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



**REGISTRATION OPENS MARCH 1ST**

**Register online - Spots are limited!**

[www.cfldreamplex.com/adaptiveswim](http://www.cfldreamplex.com/adaptiveswim)

## GROUP FITNESS

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

### 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

## JOIN OUR E-NEWSLETTER and STAY IN-THE-KNOW



**Sport Clinics**  
**Community Events**  
**Adaptive Sports**  
**(and more!)**

