

Adaptive & inclusive opportunities

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
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|--|----|-----------------------|
| <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 | | |

ZUMBA

Mondays
10:00-10:45 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!
(Minimum of 4 registrants required to open the class)

Instructor: Sol

KARATE: SHINSEI KARATE DO

Thursdays
5:45-6:30 PM
6:30-7:15 PM (DSACF)



This 45-minute class is open to beginners and all levels of experience. We will introduce proper stretching, warm-ups, and Shinsei Karate Do forms. Participants will learn and refine their skills in kicking, punching, and blocking. The instructor will teach forms in both English and Japanese. Classes change as students learn and adapt to new challenges. Presented In association with Shinsei Karate Do & Fitness Center.

Instructor: Maribel Ramos

Ask us about our partnership with DSACF for class scholarships and classes for DSACF members!



SPORT CLINICS & ADAPTIVE SPORTS

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

CFLDREAMPLEX.COM/SPORTCLINICS
CFLDREAMPLEX.COM/ADAPTIVESPORTS

VISIT OUR WEBSITE JOIN OUR E-NEWSLETTER

www.cflreamplex.com

Sport Clinics
Community Events
Adaptive Sports
(and more!)



VOCATIONAL PROGRAM

Building independence through valuable skills

LEARN TO SEW



Learning to sew builds confidence and independence! All experience levels welcome, from beginner to advanced. Sewing is a valuable skill - opening doors for future employment opportunities!

ASK FOR MORE INFORMATION AT OUR FRONT DESK
WWW.CFLDREAMPLEX.COM/VOCATION