

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  
 HOME SCHOOL PE  
 PILATES

For those with and without disabilities

### Adaptive Sports

POWER SOCCER  
 WHEELCHAIR BASKETBALL  
 WHEELCHAIR TENNIS  
 SLED HOCKEY  
 SITTING VOLLEYBALL  
 GOAL BALL  
 ADAPTIVE WATER SKIING

### Therapy

PHYSICAL THERAPY  
 OCCUPATIONAL THERAPY  
 SPEECH & LANGUAGE  
 EARLY INTERVENTION  
 HIPPO THERAPY  
 AQUATIC

### Sports Clinics

FLAG FOOTBALL  
 SOCCER  
 TRACK & FIELD  
 BASKETBALL

### Programs & More!

DREAMCARE  
 LITTLE DREAMERS  
 OPEN PLAY  
 PARENTS' NIGHT OUT  
 DANCE NIGHTS  
 SPACE RENTALS  
 THERAPEUTIC SCHOOL

**SEE BELOW FOR MEMBERSHIP OPTIONS!**

### Precautions & Guidelines

- Temperatures will be taken upon admittance to the facility. Patrons with a temperature at or above 100.4 will not be permitted to enter the premises.
- All class participants and instructors will be required to wash hands upon entry to the facility.
- Class sizes will be limited to 10 people per class.
- Caregivers may choose to be their child's buddy or we will assign a volunteer to be the child's buddy to help maintain social distance.
- Caregivers, instructors, volunteers, and staff are required to wear masks.
- Markings will be on the floor to help participants maintain social distancing.
- Social distancing will be constantly encouraged.

### Registration

- Members will have 1st priority
- Registration can be done via e-mail at [femmanuel@cfldreamplex.com](mailto:femmanuel@cfldreamplex.com)

### Payment Options

Unlimited Class Membership  
 (contingent on availability)  
 \$50/month for 1 participant  
 \$65/month for 2 participants

OR

Pay-Per-Class  
 \$85 per 10-week class per participant

## 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 a physical disability or special needs.

### TAE KWON DO

Thursdays  
 6:30-7:15 PM  
 (Beginner)

Thursdays  
 7:15-8:00 PM  
 (Advanced)

Instructor  
 Suresh Young Lalla

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!

Beginner:  
 Recommended for beginners and white belts

Advanced:  
 Recommended for yellow belts and above

\*Skill level placement is at parent and instructor discretion



### BALLET & HIP HOP

Tuesdays  
 6:00-6:45 PM

Instructors  
 Elizabeth Kaneshige  
 Oriana Rivera

This class introduces students to the basics of ballet and hip hop. Class begins with a warm up and stretching then proceeds to instruction of rhythmic movements, basic choreography and across the floor exercises to promote strength, balance, and memory. Age appropriate, fun music and the use of props make the class an exciting and challenging time for young students. Those students with limited mobility will need a caregiver to assist during some exercises.



### ARTISTIC & RHYTHMIC GYMNASTICS

Mondays  
 5:30-6:15 PM  
 or  
 6:15-7:00 PM

Instructor  
 Maddy Comely

Class time will be determined by child's age and/or experience. This class teaches both artistic and rhythmic gymnastics skills to help develop coordination, balance, strength, endurance, and flexibility. For the rhythmic skill set, students utilize balls, ropes, ribbons and hula hoops and incorporate them into gymnastics, dance, and calisthenics. On the artistic side, students learn skills on the balance beam, bars, and floor exercise. The purpose of this class is to create a fun, exciting environment for children and young adults and to increase their overall physical activity. Maddy Comely, the instructor, is a Physical Therapist Assistant as well as a Certified Inclusive Fitness trainer with 16 years of experience as a competitive gymnast.



## 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

Instructor  
 Isaac

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!



### STRETCH & TONE

Tuesdays  
 7:00-8:00 PM

Instructor  
 Megan Craycraft

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.



### YOGA

Thursdays  
 10:30-11:15 AM

Virtual & In-Person  
 Options Available

Instructor  
 Megan Craycraft

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.



## PROGRAMS & MORE!

The Central Florida Dreamplex is happy to provide special programs for members and non-members, with and without disabilities.

### Parents' Night Out Dance Night Open Play

These programs have been placed on hold until further notice

### Space Rental

Have your next birthday party or celebration at the Central Florida Dreamplex!

Rental starts at \$75 for 2 hours of party time for members

### DreamCare

A fun and affordable after school, holiday, and summer day-camp program designed specifically for children with special needs

Children enjoy planned activities and free-play tailored to their special needs while igniting their imagination and curiosity