

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/LACROSSE
 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!



Ask us about our Adaptive Sports programs!

Class Registration

- Members will have 1st priority
- Registration must be done in advance
- All new and current members contact Hailey Profeta at (352) 545-4503 or hprofeta@cfldreamplex.com

Payment Options

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

\$65 per 8-week class per participant

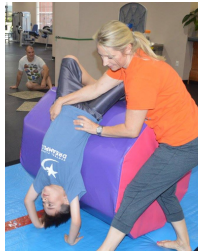
Scholarships are Available!

Email Hailey for more info: hprofeta@cfldreamplex.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 a physical disability or special needs.

GYMNASTICS



Mondays
5:30-6:15 PM - Beginners
6:15-7:00 PM - Advanced

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. Advanced class trains for the Special Olympics competition, but competing is not a requirement.

Instructor: Hailey Profeta

ART & EXPLORATION **Wednesdays** **4:30-5:15 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.

\$20 for craft supplies is due upon registration

Instructor: Jenny Brochu

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: Suresh Young Lalla

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

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!

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

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

TEAM SPORTS CLINIC : 4 TUESDAYS IN JUNE

WHEELCHAIR BASKETBALL



For those with physical disability of the lower body and able to use upper extremities to independently propel a manual wheelchair

Montverde Academy
Indoor Court
Montverde, FL

Registration & More Info at
www.cfldreamplex.com/adaptivesports

Participants will learn dribbling, passing, shooting, and play non-competitive games in this 4-week sports program! This event is open to all children and adults, ages 5 and up, who use a wheelchair. Equipment will be provided to those who do not wish to use their everyday chair.

BASKETBALL



For those with special needs, intellectual disabilities and/or physical disabilities

Montverde Academy
Indoor Court
Montverde, FL

Registration & More Info at
www.cfldreamplex.com/sportsclinics

Participants will learn dribbling, passing, shooting, and play non-competitive games in this 4-week sports program! Open to children and adults with physical disabilities and/or special needs, ages 5 and up.