

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

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.

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!



PAYMENT OPTIONS

First Class FREE for New Members
Scholarships Available
No Refunds

Unlimited Class Membership
 (contingent on availability)

\$50/month for 1 participant
\$65/month for 2 participants
\$75/month for Family (up to 6)

OR

Pay-Per-Class
\$65 per 8-week class
per participant

- Members will have 1st priority

REGISTER IN ADVANCE
NEW & CURRENT MEMBERS

Hailey Bransfield
hbransfield@cfldreamplex.com
(352) 545-4503

LEARN TO SEW



This program is an opportunity to learn the art of sewing - a valuable skill to build confidence and independence. All experience levels welcome, from beginner to advanced. Our intention is to provide vocational training to support future employment opportunities.

ASK FOR MORE INFORMATION AT OUR FRONT DESK

THERAPEUTIC SUMMER CAMP

A therapy-focused day camp with a sensory-motor approach, focusing on positioning, movement, self-care, and group fun! Open to wheelchair users of all ages during Summer break!



THERAPEUTIC ACTIVITIES
SENSORY-MOTOR APPROACH
FOCUS ON INDIVIDUAL GOALS
POSITIONING & MOVEMENT
FEEDING & SELF CARE
ADAPTIVE GROUP FUN

WHEN

July 6th-August 11th (6 Weeks)
Tuesdays, Thursdays, & Fridays
9:00 a.m. - 2:00 p.m.

COST

\$1,500

www.cfldreamplex.com/schoolbreakdaycamp

Scan Me!

