

# SPORTS AND RECREATION

Adaptive & inclusive opportunities

## RECREATIONAL THERAPY

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

For those with special needs or physical disabilities



## GROUP FITNESS

STRETCH & TONE  
YOGA  
ZUMBA

For those with and without disabilities  
PARENTS WELCOME



## SPORT CLINICS

FLAG FOOTBALL  
LACROSSE  
SOCCER  
TRACK & FIELD  
BASKETBALL  
KICKBALL  
VOLLEYBALL

For those with special needs or physical disabilities



## ADAPTIVE SPORTS

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

For those with physical disabilities



### OUR MISSION

To provide opportunity and inclusion of all persons, regardless of ability, for sport, recreation, therapy, and employment

**TRADITIONAL THERAPY**

Physical, Occupational, & Speech

**THE FRIENDSHIP PLACE** AND *Cafe*

Adult care and respite for caregivers

**DREAMPLEX THERAPEUTIC SCHOOL**

A positive learning experience for all children

**VOCATIONAL PROGRAM**

Building independence through valuable skills

**SPORTS AND RECREATION**

Adaptive & inclusive opportunities

**SOCIAL EVENTS**

Enjoying life and celebrating diversity

## VISIT OUR WEBSITE & JOIN OUR E-NEWSLETTER

[www.cflreamplex.com](http://www.cflreamplex.com)



Sport Clinics  
Community Events  
Adaptive Sports  
(and more!)



## 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 (352) 612-8196 or sportsandrec@cfdreamplex.com
- |   |                       |
|---|-----------------------|
| <u>Unlimited Class Membership</u> OR <u>Pay-Per-Class</u> |                       |
| (contingent on availability)                              | \$80 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 sportsandrec@cfdreamplex.com                        |                       |

### CARDIO BOXING Mondays 6:30-7:15 PM



This non-contact boxing program is for all levels of experience. The class includes instruction on stretching and warm-up exercises, proper boxing stance, body positioning, and punching techniques. Each participant will get to practice the speed bag, heavy bag and focus mitt combos, and other fun conditioning drills. These boxing drills aim to help improve muscular endurance, focus, hand-eye coordination, and overall strength. The boxing program is also a great stress reliever and self-confidence booster!

Instructor: Cameron

### TAE KWON DO Thursdays 6:30-7:15 PM | Beginner 7:15-8:00 PM | Advanced



This 45 minute class is open to 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!

\*Please note: TKD is not based on age, but rather experience/skill- your child will only be able to participate in one of the classes. If you have questions on which class is better for your child, please speak with Abby & Master Lalla.

Instructor: Master Suresh Young Lalla

## GROUP FITNESS

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

Pay via membership or \$5/class

### ZUMBA

Mondays, 7:15-8:00 PM

Tuesdays, 10:30-11:15 AM  
@ The Friendship Place  
(check in at front desk)

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: Jenny

### 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

Looking to improve balance, flexibility, and relaxation? This gentle class uses a chair for support as you move through simple stretches and poses, helping you build strength, reduce stress, and move with greater ease - no floor work required!

Instructor: Kinsey



Friday, September 25th, 2026



[WWW.CFLDREAMPLEX.COM/DRIVE-FOR-DREAMERS-2026](http://WWW.CFLDREAMPLEX.COM/DRIVE-FOR-DREAMERS-2026)

## BECOME A DREAM BUILDER

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[WWW.CFLDREAMPLEX.COM/MONTHLY-GIVING](http://WWW.CFLDREAMPLEX.COM/MONTHLY-GIVING)



**Call or E-mail to Register**

**352-612-8196**

[sportsandrec@cfdreamplex.com](mailto:sportsandrec@cfdreamplex.com)