

WINTER 2019

January 7 - March 15



CENTRAL FLORIDA

**DREAMPLEX**

ORDINARY SPORTS FOR EXTRAORDINARY PEOPLE

The Central Florida Dreamplex is a center for fitness and recreation open to everyone but specially designed for families with special needs. Our facility blends alternative therapy, adaptive sports and recreation activities, and group fitness classes for the whole family into one location to serve your wellness needs.

## Recreational Therapy

For those with physical disabilities or special needs

- GYMNASTICS
- TAE KWON DO
- BALLET
- CHEERLEADING
- HIP HOP
- BOXING

## Group Fitness

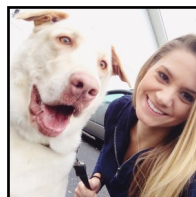
For those with and without disabilities

- ZUMBA
- DREAMFIT
- PILATES
- HOME SCHOOL PE
- STRETCH & TONE

### PHYSICAL, EMOTIONAL, COGNITIVE, OR SOCIAL GOALS?

Hannah will help during your child's recreational therapy class - FOR NO COST!

Hannah will help you and your children set individual goals! Once goals are set, Hannah will provide ongoing motivation and support while tracking their progress!



HANNAH DOVI, CTRS

\*All new members must meet with Hannah for an initial assessment

CALL (352) 404-4085 or E-MAIL [HDOVI@CFLDREAMPLEX.COM](mailto:HDOVI@CFLDREAMPLEX.COM)

## Programs

- DREAMCARE
- LITTLE DREAMERS
- OPEN PLAY
- PARENTS' NIGHT OUT!
- SPORTS CLINICS
- SPACE RENTALS

SEE BACK FOR MEMBERSHIP OPTIONS



### RECREATIONAL THERAPY

\$90 for non-members per 10-week program

Ask us about payment plan options!

Recreational therapy classes assist individuals in improvement of emotional, cognitive, physical, and social aspects of their lives. Unless otherwise noted, these classes are intended for those with a physical disability or special needs.

#### CHEER

This class focuses on proper warm-up and stretch techniques, dance, cheer, and basic stunting. It is great for beginners with no previous cheerleading experience. We will build confidence and stay fit, all while having fun! The squad will learn a routine to perform at games, events, and Special Olympic competitions.

Performances TBA

\*Cheer season begins early August. Members may not join mid-season.

**Winter:** Thursdays  
5:30-6:15 pm

**Instructor:** Kandy Cartier

\*Cannot be paid week-to-week

#### HIP HOP

The class focuses on rhythmic steps and across the room movement to appropriate hip hop music. Students use strengthening exercises to learn "tricks" and work on timing and precision of movement using fun dance games. Learning choreography each week improves cognitive memory and muscle memory in young bodies. Dancers with limited mobility will need a caregiver to assist at times. Attire should be comfortable stretch pants (no shorts), a fitted sports top, and sneakers. Presented in association with Clermont Academy of Dance!

**Winter:** Tuesdays  
7:15-8:00 pm

**Instructor:** Julie Seaman

#### BOXING

This non-contact boxing program offers a 45 minute class 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 the participant's muscular endurance, focus, hand-eye coordination, and overall strength. The boxing program is also a great stress reliever and self-confidence booster!

**Winter:** Tuesdays  
5:45-6:30 pm

**Instructor:** Luis Morissette

#### NERF ARCHERY AND ARTS & CRAFTS TO RETURN SUMMER 2019

##### ARTS & CRAFTS

Arts and Crafts not only encourage 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.

##### NERF ARCHERY

This class focuses on the upper body, particularly the chest, hands, arms, back, shoulders, and core muscles. This class will strengthen gross motor and fine motor skills, as well as hand-eye coordination, mental focus, and balance. Archery helps to improve self-esteem and confidence, and is a great way to build strength while having fun!

#### TAE KWON DO

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!

##### Winter:

\***Beginner:** Thursdays  
6:30-7:15 pm

\***Advanced:** Thursdays  
7:15-8:00 pm

**Instructor:** Suresh Young Lalla

Beginner - Recommended for beginners and white belts

Advanced - Recommended for yellow belts and above

\*Skill level placement is at parent and instructor discretion

#### GYMNASTICS

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 train for the Special Olympics competition, but competing is not a requirement.

##### Winter:

\***Beginner:** Mondays  
6:00-6:30 pm

\***Advanced:** Mondays  
6:30-7:15 pm

**Instructor:** Jenny Banker

\*Skill level placement is at parent and instructor discretion

#### BALLET

This class introduces students to the basics of ballet. Class begins with a warm up and stretch time and 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. Students should wear appropriate dance attire, pink tights, a leotard, and ballet slippers. Presented in association with Clermont Academy of Dance!

**Winter:** Tuesdays  
6:30-7:15 pm

**Instructor:** Julie Seaman

\*Cannot be paid week-to-week

### UPCOMING EVENTS & DEADLINES

November 19-23	Thanksgiving Break Camp
December 14	Parents' Night Out
December 21-Jan 2	Winter Holiday Break Camp
January 2nd	Little Dmrs Questionnaire Due
January 8th-March 12	Little Dreamers Winter Session
January 11	Parents' Night Out
February 8	Parents' Night Out
March 8	Parents' Night Out

**PLEASE NOTE:** Beginning October 2018, the Dreamplex will no longer be open on Saturdays, with the exception of private group rentals and birthday parties

## GROUP FITNESS CLASSES

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

**Only \$5 per class**  
FOR NON-MEMBERS

OR

**\$35 Group Fitness Package**  
**A \$95 value!**

Monthly access to ALL Group Fitness Classes

### ZUMBA®

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!

**Ages:** Ages 10+

**Winter:**

Zumba w Isaac (\$3/class)  
Mondays  
7:15-8:00 pm

Zumba Gold w Jenine  
Wednesdays  
9:30-10:30 am

### DREAMFIT

This class focuses on all the features of a healthy exercise program from start to finish, including cardiovascular endurance, strengthening and toning muscles, weight loss, maintaining a healthy weight, flexibility/stretching, proper nutrition, proper warm up activities to prevent injury, and proper form. Participants will also learn how to safely use exercise equipment. These techniques will not only help individuals gain a new skill set, but build self-confidence, strength, and coordination.

Please contact Hannah Dovi for more information.

### PILATES

This Pilates combination class focuses on developing core strength, toning muscles, increasing flexibility, and reducing stress. Pilates 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.

**Ages:** Ages 12+

**Winter:** Tuesdays  
6:30-7:30 pm

**Instructor:** Megan Craycraft

### HOME SCHOOL PE

An option for our home school families, children will be learning the basics of Physical Education and Nutrition. We will learn and utilize the gym equipment and its proper use.

**Winter:** Wednesdays  
12:30-1:30 pm

**Instructor:** Hannah Dovi

### STRETCH & TONE

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.

**Winter:** Thursdays  
7:00-8:00 pm

**Instructor:** Megan Craycraft

## SPECIAL PROGRAMS

The Central Florida Dreamplex is happy to provide special programs for members and non-members, with and without disabilities. Ask our staff which programs are best for you and your family!

### HAPPY BIRTHDAY!

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

Rental starts at **\$75** for members

### Little Dreamers

Infants and toddlers have loads of fun as they develop social language, & cognitive skills

Led by Christine Gramaglia, a Licensed Occupational Therapist

Designed for parents and children of all abilities from 6 months to 4 years

### Parents' Night Out!

*Drop your kids off for a fun time while you enjoy an evening out!*

**When:** 2nd Friday of the month  
**Time:** 6:30-9:00 PM

**Who:** Children w/ disabilities & siblings of children w/ disabilities

**Cost:** Free for members  
\$5 for non-members

**Pre-Registration Required!**  
cgames@cfdreamplex.com

### MILITARY APPRECIATION

**FREE Fitness Center Memberships for ALL Military Personnel, with and without disabilities!**

**ACTIVE • RESERVE  
GUARD • VETERAN**

### OPEN PLAY Only \$5!

Open play is a great time to explore our facility, practice skills, and play with friends!

A great time for children with Autism Spectrum Disorder!

Check calendar for days and times!

### 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.

### Team Sport Clinics



Programs for children and adults with physical disabilities and/or special needs - Ages 5 & Up!

Learn the fundamentals through drills, skill stations, and games!

### ADAPTIVE SPORTS

Contact us for more information on these growing programs!

- Power Soccer • Sit Volleyball •
- Wheelchair Basketball •
- Goalball • Sit Skiing •
- Wheelchair Tennis • Sled Hockey •

# Membership Options

Join today!

## Month-to-Month BASIC

Seniors/Military/Child:	\$20
Adult:	\$25
Senior +1:	\$30
Adult +1:	\$40
Family (up to 6):	\$50

## Annual BASIC:

Seniors/Military/Child:	\$200
Adult:	\$250
Senior +1:	\$300
Adult +1:	\$400
Family (up to 6):	\$550

## Month-to-Month PREMIUM:

Individual:	\$50
Group Home Member:	\$30
Parent & Child (or couple):	\$65
Family (up to 6):	\$90

## BASIC

- Access to fully equipped fitness center
- GameCycle and Exerbike Gaming Systems
- 24' x 8' Traverse Rock Climbing Wall
- Free weights, floor exercise, and stretching area
- Fitness consultation and machine orientation with an exercise physiologist every 6 months
- Free Open Play nights (Parents' Night Out!)
- Opportunity for one-on-one personal training (addit. cost)
- Discounted sports clinics, leagues, birthday parties, and more!

## PREMIUM:

- All the amenities of BASIC
- Unlimited group fitness classes
- Unlimited group classes for children
- Unlimited recreational therapy classes for those with disabilities

Participants who cannot meet the following requirements must have an assistant (parent, companion, etc.):

- Able to function in a group structure
- Have independent bathroom skills
- Able to follow basic instructions



## Help Build the Dream

*Let's turn this dream into your reality.*

Add your name to one of the stars at the Central Florida Dreamplex to fill our donor recognition wall as we work to develop new programs for those with disabilities.

Come take a tour or visit [cfdreamplex.com](http://cfdreamplex.com) today!

THANK YOU  
to our funding partners

