

SUMMER 2019

June 3 - August 8



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

- LIL TUMBLERS
- TAE KWON DO
- NERF ARCHERY
- CIRCUIT TRAINING
- ART & EXPLORATION

Group Fitness

For those with and without disabilities

- ZUMBA
- DREAMFIT
- PILATES
- 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) 394-0212 or E-MAIL HDOVI@CFLDREAMPLEX.COM

Programs

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

SEE BACK FOR MEMBERSHIP OPTIONS



RECREATIONAL THERAPY

\$75 for non-members per 9-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.

LIL TUMBLERS

Tumbling 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.

Summer: Mondays
6:00-6:30 pm
(no class July 8)

Instructor: Hannah Dovi

CIRCUIT TRAINING

This full body workout class will encourage individuals to participate in different exercises. The different exercise combinations are performed with short rest periods between each circuit. These small groups will rotate through a circuit of activities to gain more muscular endurance, coordination, and strength overall. Exercises will blend cardio boxing, gymnastics, agility training, and more! A great class for ages 6 -adult!

Ages: Ages 6+

Summer: Tuesdays
6:00-6:45 pm
(no class July 9)

Instructor: Hannah Dovi

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!

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

***Advanced:** Thursdays
7:15-8:00 pm
(no class July 4)

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

ART & EXPLORATION

This class encompasses different painting skills and techniques, and will allow students to free their minds creating impressionist works of art and craft. Each student will be given a set of brushes they will keep at the end of the course. Each week will introduce a different painting technique or craft that students will use to create masterpieces from their own imaginations. The instructor will teach the different techniques, and students can then choose to use the technique or freeform paint.

Members: \$20 supply fee
Non-members: \$60 total

May 24th: Registration, allergy questionnaire & payment deadline

Summer: Tuesdays
7:00-8:00 pm
(no class July 9)

Instructor: Starr Silara

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!

15 minute time slots with bow/arrows; time slots may be combined depending on number of registered participants. Register for a timeslot no later than 5/31

Summer: Thursdays
15 minute time slots
5:15-5:30 pm
5:30-5:45 pm
5:45-6:00 pm
6:00-6:15 pm
(no class July 4)

Instructor: Hannah Dovi

Cost: \$45 for non-members

MORE CLASSES RETURN FALL 2019

ARTS & CRAFTS

Arts and Crafts encourages creative thinking and self-expression while building self-esteem, strengthening hand-eye coordination, fine motor skills, and social skills.

BOXING

Non-contact boxing includes instruction on proper stance, positioning, and techniques. Drills aim to help improve muscular endurance, focus, hand-eye coordination, and overall strength. It's also a great stress reliever!

BALLET

Rhythmic movements, basic choreography and across the floor exercises promote strength, balance, and memory. Fun music and the use of props make the class an exciting and challenging time for young students.

CHEERLEADING

Focuses on dance, cheer, and stunting. Great for beginners with no previous experience. We build confidence and stay fit, all while having fun! The squad learns a routine to perform at games, events, and competitions.

HIP HOP

Focuses on rhythmic steps and movement to appropriate hip hop music. Students use strengthening exercises to learn "tricks" and work on timing and precision of movement. Improves cognitive and muscle memory.

GYMNASTICS (ADVANCED)

Emphasizes flexibility, gross motor skills, balance, strength, and coordination. Skills are built on one another. Leads to improvement of physical and social skills, as well as self-confidence.

UPCOMING EVENTS & DEADLINES

May 4
May 10
May 18
May 25
May 27

June 7
June 14
June 15
June 21
June 28
June 29

July 4
July 12
July 27

Kindness Palooza
Parents' Night Out
Autism Family Fun Day
Youth Adaptive Sports Expo
Memorial Day (Dreamplex Closed)

Basketball Clinic
Basketball Clinic
Sled Hockey Clinic
Basketball Clinic
Basketball Clinic
Power Soccer Clinic

Independence Day (Dreamplex Closed)
Parents' Night Out
Adaptive Sports Kick-Off

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+

Summer:

Zumba w Isaac (\$3/class)
Mondays
6:45-7:30 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 space availability and more information.

BALLROOM

Ballroom Dance
will return Fall 2019

A program for adult members and non-members. Join Anastasia Ballroom & Dance at the Central Florida Dreamplex and learn to dance quickly and easily - and you don't need a partner to do so! Anastasia dance instructors are highly trained so you'll have a trusted partner to help you become a comfortable social dancer or a competitive dancer, whatever your goals may be!

HOME SCHOOL PE

Home School PE
will return Fall 2019

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.

PILATES STRETCH & TONE

This combination class focuses on developing core strength, toning muscles, increasing flexibility, and reducing stress. In this class you'll tone your tum, legs and arms, working your muscles to move better, bend more easily and reach higher. Exercises can be done seated on the floor, on a chair, or by using a chair for support.

Summer: 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!
cgomes@cfdreamplex.com

MILITARY APPRECIATION

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

ACTIVE • RESERVE GUARD • VETERAN

OPEN PLAY

Only \$3!

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 today!

THANK YOU
to our funding partners

