

# Halifax Health | Brooks Rehabilitation

## Adaptive Sports and Recreation - Daytona Beach

Registration is required for all activities. Contact us to register or volunteer.

<b>MONDAY</b>	<b>Yoga (Ormond Beach)</b> 2:30 - 3:30 pm Ormond Beach Family YMCA 500 Sterthaus Dr. #5128 Ormond Beach, FL 32174	<b>Motion &amp; Mindfulness</b> 2:30 - 3:30 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117	<b>Adaptive Ball Room Dancing</b> 4th Monday of the Month 4:30 - 5:30pm Arthur Murray Dance Studio 189 East Granada Blvd. Ormond Beach, FL 32176
	<b>Yoga (Port Orange)</b> 2:00 - 3:00 pm Port Orange Family YMCA 4701 City Center Parkway Port Orange, FL 32129	<b>Rec Game Night</b> 4:00 - 5:00 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117	<b>Table Tennis</b> 5:00 - 6:00 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117
<b>WEDNESDAY</b>	<b>Adaptive Pickleball</b> 1:30 - 2:30 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117	<b>Parkinson's Pickleball</b> 2:30 - 3:30 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117	<b>ERG Rowing</b> 4:00 - 5:00 pm Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114
	<b>Balance Blast</b> 11:15 am - 12:15 pm Pictona at Holly Hill 1060 Ridgewood Ave. Holly Hill, FL 32117	<b>Wholistic Movement (Parkinson's participants)</b> 2:30 - 3:30 pm Port Orange Family YMCA 4701 City Center Parkway Port Orange, FL 32129	
<b>THURSDAY</b>			
	<b>Chair Yoga</b> 2:30 - 3:30 pm Ormond Beach Family YMCA 500 Sterthaus Dr. #5128 Ormond Beach, FL 32174	<b>Bowling</b> 2nd & 4th Friday of Every Month 5:30 - 7:30 pm Ormond Lanes 260 N. US Highway 1 Ormond Beach, FL 32174	<b>Fishing</b> 3rd Friday of Every Month 8:30 - 11:30 am Dunlawton Fishing Pier 93 Dunlawton Avenue Port Orange, FL 32127
<b>FRIDAY</b>			

### FOR MORE INFORMATION:

386.871.3024

[adaptivesportsdaytona@brooksrehab.org](mailto:adaptivesportsdaytona@brooksrehab.org)



HALIFAX HEALTH | BROOKS REHABILITATION

# Adaptive Sports and Recreation

Halifax Health | Brooks Rehabilitation's Adaptive Sports and Recreation program welcomes newcomers to all of our events. Our activities are FREE and open to any individual living with a mobility or visual impairment. We hope you will join us for some fun, fitness and friendship.

We have introduced safety guidelines in accordance with CDC guidance at our live programs in order to provide a safe and fun experience for our participants. Please make plans to join us.

## LIVE PROGRAMS

Fishing

Cycling

Kayaking

ERG rowing

Yoga

Surfing

Game Night

For more information, please call 386.871.3024 or email [adaptivesportsdaytona@brooksrehab.org](mailto:adaptivesportsdaytona@brooksrehab.org). We can't wait to see you!

