

# BROOKS<sup>®</sup> Rehabilitation

## Adaptive Sports and Recreation - Daytona



|                    |                                                                                                                                                                                             |                                                                                                                                                |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <h3>Tuesday</h3>   | <p><u>On-Water Rowing</u><br/>8am-10am<br/>Halifax Rowing Boathouse<br/>201 City Island Parkway<br/>Daytona Beach, FL 32114</p>                                                             | <p><u>Adaptive Yoga</u><br/>1:30pm-2:30pm<br/>Port Orange Family YMCA<br/>4701 City Center Parkway<br/>Port Orange, FL 32129</p>               |
| <h3>Wednesday</h3> | <p><u>ERG Rowing</u><br/>3:30pm-5:30pm<br/>Embry-Riddle Aeronautical University<br/>Indoor Rowing Facility<br/>509 S. Clyde Morris Boulevard (Building 520)<br/>Daytona Beach, FL 32114</p> |                                                                                                                                                |
| <h3>Thursday</h3>  | <p><u>On-Water Rowing</u><br/>8am-10am<br/>Halifax Rowing Boathouse<br/>201 City Island Parkway<br/>Daytona Beach, FL 32114</p>                                                             |                                                                                                                                                |
| <h3>Friday</h3>    | <p><u>Billiards</u><br/>4:30pm-6:30pm<br/>Uncle Waldo's Sports Pub<br/>2454 Nova Road<br/>Daytona Beach, FL 32119</p>                                                                       | <p><u>Bowling</u><br/>5:30-7:30pm<br/>Ormond Lanes<br/>260 N US Highway 1<br/>Ormond Beach, FL 32174</p> <p><b>ALTERNATES EVERY FRIDAY</b></p> |

For more information please contact  
(386) 871-3024 or  
AdaptiveSportsDaytona@BrooksRehab.org



#WeAreBrooks

BrooksRehab.org