



Team Connection

Ages: 18+

Cost: \$340 12 Week Session

Fall Sports: Basketball and Soccer

Team Connection focuses on mastery of a variety of sport skills and games for adults over 18 with special needs who will be interacting socially and demonstrating good sportsmanship with peers, participating in teamwork/teambuilding activities, and learn skills related to the sport. Minimum class size is 6 participants and maximum class size is 10 participants.

Class Structure:

- Warm-up/Conditioning Activities
- Sport skill specific drills
- Teambuilding activities
- Mini Games

West Location- 12 Weeks

Wednesday, September 12 -December 12

No Class 10/30 & 11/21

12:30pm-2:30pm

Gemini Center

21225 Lorain Road

Fairview Park, OH 44067

East Location- 12 Weeks

Tuesday, October 9 -December 18

12:30pm-2:30pm

Friendship Circle

27900 Gates Mills Blvd

Pepper Pike, OH 44124

Aquatic Exercise Group

Ages: 18+

Cost: 14 Week Session

Members: \$290

Non-Members: \$300

Aquatic Exercise is a high energy class that introduces stationary and dynamic exercises for adults with special needs. A wide variety of aquatic equipment, exercises and therapeutic techniques are used to assist participants with increasing muscle and tone development, endurance, strengthening while having fun. The structured class will use a variety of shallow and deep-water activities. A water belt will be provided for activities in deep water. Swim skills are not required. Minimum class size is 5 participants and maximum class size is 10 participants.

East Side Location

Monday Session

September 17-October 29

2:30pm-3:30pm

Thursday Session

September 13- December 17

No Class 11/22

2:30pm-3:30pm

Mandel JCC

26001 South Woodland Road

Beachwood, OH 44122

Razor Sharks-East/West

Ages: 7+

Razor Sharks is a competitive swim team for individuals with special needs ages 7-adulthood. Coach Dan Lisy provides individual coaching techniques, engaging swimmers in a variety of swim drills, strengthening and conditioning activities and the importance of teamwork and fun! High School swimmers from area swim teams will be present throughout practice to provide assistance and demonstrations. Participants are required to swim 1 length of the pool independently of any stroke without the use of a float.

East Side Location

Monday: October 1-December 17

6:00pm-7:00pm

Beachwood High School

25100 Fairmount Blvd

Beachwood, OH 44122

Cost: \$200 for 12 Week Session

West Side Location

Gemini Fall I

September 11 -October 6

Tuesday: 7:30p-8:30p

Thursday: 7:30p-8:30p

Saturday: 12:00p-1:00p

Gemini Fall II

Saturday: October 6-December 8

12:00pm-1:00pm

Gemini Center

21225 Lorain Road

Fairview Park, OH 44126

Cost: \$180 per session



Register for Classes

Contact Kia Picker

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www.rec2connect.com