



# Adaptive/Therapeutic Sports & Recreation



## More Information:

-  MyRecreationDistrict.com
-  Bermuda Dunes Community Center
-  10 Years of Age or Older
-  Mondays, May - August 2025  
10:00-10:45 AM
-  \$35 for residents & \$45 for non-residents per month, or FREE with Adaptive Membership

Wear close toed shoes and bring water!

# ADAPTIVE STRENGTH & STRETCHING



*Be Strong, Be Healthy:  
Your Path to Wellness!*

