

New! **LIFECENTER PLUS PRESENTS**

ABLE RECREATION

Creating opportunities for all abilities, one activity at a time!

ABLE Recreation is a program for those with both cognitive and/or physical disabilities to have access to programs that are typically inaccessible in the surrounding communities. ABLE will create a safe and adaptive environment for the expansion of our SPLASH program to land courses. ABLE is designed to introduce and cultivate activities such as strength/group training, dance cardio, basketball, and nutrition, among others. The goal of ABLE Recreation is to create an equal opportunity for those who have historically had less access and funding to programs and for all abilities.

PRICING

LCP MEMBER &/OR SPLASH PARTICIPANT	\$80/SESSION
NONMEMBER	\$100/SESSION

SESSION ONE

STRENGTH TRAINING: JANUARY 13 - FEBRUARY 17

Monday 7:00-8:00pm | CODE: AQU20115

DANCE CARDIO: JANUARY 15 - FEBRUARY 19

Wednesday 7:00-8:00pm | AQU20116

BASKETBALL: JANUARY 17 - FEBRUARY 21

Friday 7:00-8:00pm | AQU20117

SESSION TWO

STRENGTH TRAINING: MARCH 9 - APRIL 20

Monday 7:00-8:00pm | AQU20118

DANCE CARDIO: MARCH 11 - APRIL 22

Wednesday 7:00-8:00pm | AQU20119

BASKETBALL: MARCH 13 - APRIL 24

Friday 7:00-8:00pm | AQU20120

NUTRITION NEEDS?

Schedule a one-on-one nutrition consultation with our Nutrition Specialist!
(330)655-2377 ext.134
or via email to
Nutrition@LifeCenterPlus.com

Questions? Contact Mikayla Blankenship at (330)655-2377 ext. 156 or email MBlankenship@LifeCenterPlus.com