



ROUND ROCK PARKS & RECREATION FEBRUARY PROGRAMS

Adaptive Martial Arts:

Beginner, Intermediate, Advanced

Feb. 4-25
Tuesday's
5:30-8p

Join us in an Adaptive Martial Arts program for students with varying disabilities. Age and peer-appropriate groups will train together in a traditional martial arts program that has been adapted to fit each individual practitioner.
Instructor: One World Adaptive Martial Arts | Ages 5+ with disabilities.

Monthly Social Connections: Cookie Decorating:

Feb. 7
Friday
6:00-8:00pm

Come and join us for a different activity each month! A variety of activities are planned for you to engage with friends, serve the community, meet up, and socialize! Ages 13+ with disabilities.

All Abilities Fitness: Yoga

Feb. 5-26
Wednesday's
6:00-6:30pm

Come exercise with us! This is a group exercise class for all ability levels ages 13 years and older. The class will have a main instructor along with additional team members assisting. Wear workout clothing and bring water!

Registration Site:

<https://web2.myvscloud.com/wbwsc/txroundrockwt.wsc/splash.html>

Website:

roundrocktexas.gov





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Power Soccer:

Feb. 2 & 16
Sunday's
12-2p

Come exercise with us! This is a group exercise class for all ability levels ages 13 years and older. The class will have a main instructor along with additional team members assisting. Wear workout clothing and bring water!

Adaptive Aquatics:

Mon: Feb. 3-24
5:30-7p
Wed: Feb. 5-26
5:30-7p
Sat: Feb. 1-22
9a-11a

Adaptive Aquatics are facilitated by Certified Adaptive Aquatics Specialists. These 1:1 lessons focus on safety and swimming for children of all abilities. We utilize a therapeutic approach to the water and specialize in helping children overcome the obstacles related to swimming with a disability. Guided movement through water also enables children to increase strength, endurance and lung capacity.

Instructor: Swimology | Ages 1-18 years with disabilities.

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