



ADAPTIVE STRETCH & STRENGTHEN

WHO: Ages 16+ with a disability or special need

WHERE: Bermuda Dunes Community Center
78400 Ave 42, Bermuda Dunes

WHEN: Tuesdays, June-August 2026, 10-10:45 AM

FEE: \$35 per month or FREE with Adaptive
Membership

REGISTER AT

[MyRecreationDistrict.com/
adaptivetherapeutic-sports-
recreation](https://MyRecreationDistrict.com/adaptivetherapeutic-sports-recreation)

