



Adaptive **STRETCH & STRENGTHEN**



WHO: Ages 10+ with a disability or special need

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

WHEN: Mondays, Ongoing 2026, 10-10:45 AM

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

REGISTER AT

MyRecreationDistrict.com/
adaptivetherapeutic-sports-
recreation

