

DREAMS FOR KIDS DC – EXTREME RECESS EVENTS

ADAPTIVE ATHLETIC PROGRAMS FOR KIDS WITH DISABILITIES

<p>AUGUST 2010</p> <p>August 21st: Come to our Extreme Recess Water Sports Clinic at Pohick Bay, Virginia!</p> <p>August 27th: Come to our Extreme Recess Baseball clinic at Washington Nationals Ball Park!</p>	<p>SEPTEMBER 2010</p> <p>Come join us for Extreme Recess Field Day. A day filled with Adaptive track and field games, such as soccer, football and handcycling!</p>	<p>OCTOBER 2010</p> <p>October 9th: DFK is teaming up with First Volley for the Extreme Recess Tennis Clinic. A day filled with Adaptive tennis activities and drills.</p>	<p>NOVEMBER 2010</p> <p>Kick a goal at Extreme Recess Soccer Clinic. A day filled with Adaptive Soccer activities and demonstrations!</p>
<p>DECEMBER 2010</p> <p>December 18th: Volunteer at Holiday for Hope, one of the largest holiday celebrations in the DC area for homeless and under privileged children!</p> <p>Also, come join us for Extreme Recess Dance Day for a day filled with Adaptive Dance and Cheerleading activities!</p>	<p>JANUARY 2011</p> <p>Join DFK for Extreme Recess Hockey Day. A day filled with Adaptive Hockey drills and demonstrations!</p>	<p>FEBRUARY 2011</p> <p>Shoot some hoops on Extreme Recess Basketball Day. A day filled with Adaptive Basketball scrimmages and drills!</p>	<p>MARCH 2011</p> <p>Make a splash on Extreme Recess Swim Day. A day filled with Adaptive aquatic activities and games!</p>
<p>APRIL 2011</p> <p>Participate in our second annual Lacrosse Day at Georgetown University. A day filled with Adaptive Lacrosse scrimmages and demonstrations!</p>	<p>MAY 2011</p> <p>Tee off with Extreme Recess Golf Day. A day filled with Adaptive Golf lessons and demonstrations!</p>	<p>JUNE 2011</p> <p>Come join us for Extreme Recess Lawn Sports Day. A day filled with Adaptive lawn games, such as horseshoes and Bocce ball!</p>	<p>JULY 2011</p> <p>Hit a home run with Extreme Recess Baseball Day. A day filled with Adaptive baseball drills and demonstrations!</p>



<http://DreamsForKids.org/dc/extremerecessdc/>
for details on these Extreme Recess events and other opportunities for kids with disabilities

For Questions contact Dreams for Kids Executive Director,
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