

If you can move, you can GROOVE®!

Join us for...

# GROOVIN' ABILITIES!



Come rock out with Jen Keet and Accessible Rec!  
GROOVE® is a unique way to make dance easy, accessible, and fun for everyone!  
It's healthy movement for all - so, see you on the dance floor!

## Thursday Classes

3:30 - 4:30 p.m.

\$5 per class

Class #1: June 2, 2022

Class #2: June 16, 2022

Class #3: July 7, 2022

Class #4: July 21, 2022

Class #5: Aug. 4, 2022

Class #6: Aug. 18, 2022



Who: Anyone age 12 and up with a disability, and their family and friends

Where: Northview Center (305 E. Talmage Springfield, MO 65803)

No pre-registration required, and check Facebook page for schedule updates

No transportation will be provided for this program

For more information on this program and other Accessible Recreation opportunities, visit [ParkBoard.org](http://ParkBoard.org) or call 837-5808.

Also, check us out at [Facebook.com/AccessibleRec](https://www.facebook.com/AccessibleRec)

