

**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!**

## **Tuesday Classes**

**3:30 - 4:30 p.m.**

**\$5 per class**

**Class #1: March 7, 2023**

**Class #2: March 21, 2023**

**Class #3: April 4, 2023**

**Class #4: April 18, 2023**



**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 - Just show up ready to have a good time! 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.**

