

Don't let your disability Be a handicap!

Be part of North Miami Beach Parks & R.E.C. Department's Disability Sports Program (DSP). This free program offers a variety of athletic opportunities designed specifically for the needs of the disabled community.

DSP was created for disabled adults who want to become more active and have fun while taking charge of their physical fitness.

Regardless of the person's disability, this program offers something for everyone. Activities include Exer-Swim, Tandem Biking, Wheelchair Tennis, and VitaGlide workouts and a new gym offering exercise equipment expressly designed for people with special needs. The program is supervised by trained professional recreation personnel and all equipment is provided free of charge.



Disability Sports Program

For registration information call
(305) 948-2957



City of North Miami Beach Parks & R.E.C. Department
17051 NE 19th Avenue • North Miami Beach, FL 33162
www.citynmb.com



We're on a roll!

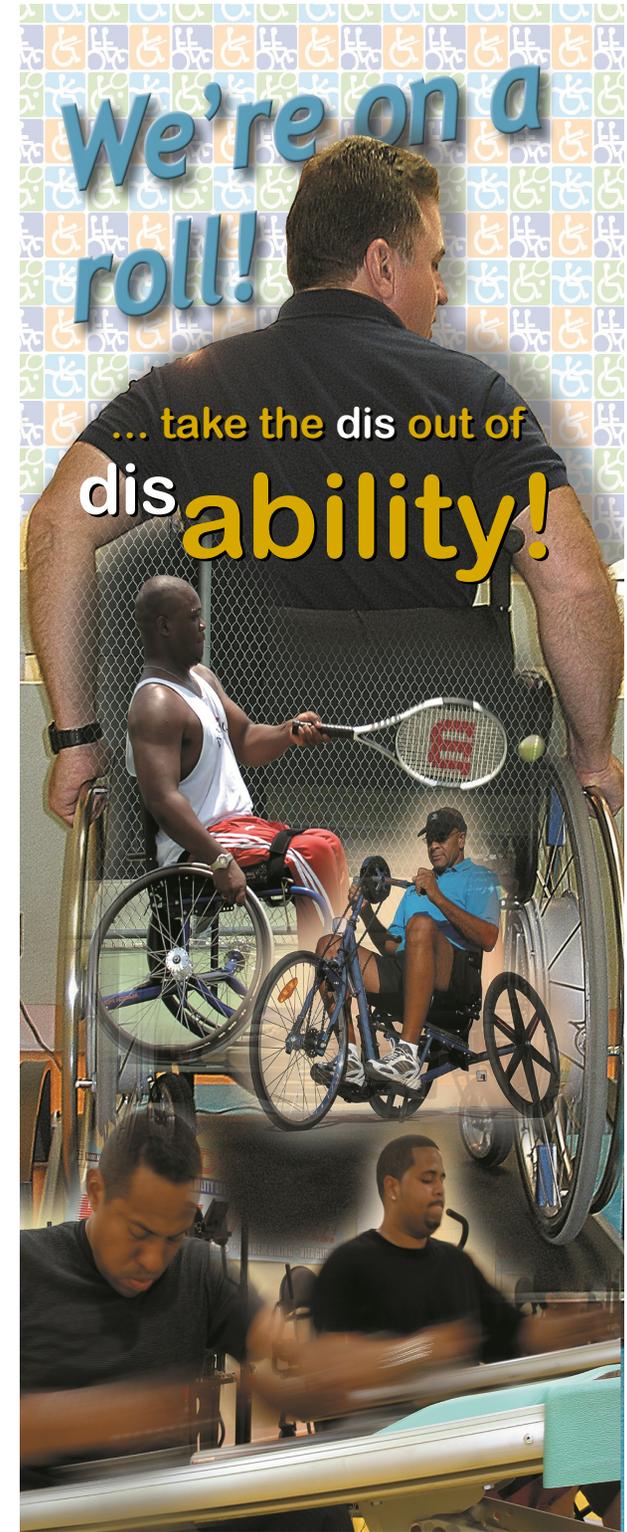
Provided with support of the City of North Miami Beach Mayor and Council and the Commission for Disabled Individuals



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@NMBParksREC



We're on a roll!

... take the dis out of disability!



Tandem Biking

Tandem Bikes provide the perfect way to give visually impaired individuals an opportunity to feel the sun and wind in their hair as they ride along the beautiful Snake Creek Canal bike path. This program is available for visually impaired adults only.

When: **Saturdays at 9:00 A.M.**
Location: **Challenger Park**
16501 NE 16th Avenue



Exer-Swim

Looking for a fun low impact sport? Exer-Swim provides a low impact water aerobic workout for persons with disabilities. The newly remodeled Victory Pool offers participants access to a wheelchair ramp and a hydraulic chair lift. A water wheelchair is available for use.

When: **Monday, Wednesday, & Friday**
at 10:00 A.M.
Location: **Victory Pool**
1980 NE 171st Street



VitaGlide - A complete upper body exercise machine, designed to be used from the sitting position. The VitaGlide focuses on three areas of the body to provide a thorough workout and aerobic exercise.



Wheelchair Tennis

This is a great way to have fun and get in a great workout. Participants take tennis lessons using specially equipped sports wheelchairs and tennis racquets which are provided free of charge.

When: **Saturdays from 12 Noon**
Location: **Judge Arthur I. Snyder Tennis Center**
16851 West Dixie Highway



Sports Gym

When: **Monday - Friday**
5:00 PM to 8:00 PM
Saturdays
12:00 PM to 4:45 pPM
Location: **Allen Park/DeLeonardis Youth Center**
1770 NE 162nd Street

A new gym offers exercise equipment expressly designed for individuals in wheelchairs. Highlights of the gym include VitaGlide, Magnum Fitness, and Game Cycle.



Magnum Fitness System - The Magnum Trainer is engineered for precise movement, durability, and is totally adjustable from a wheelchair. The Magnum offers several different workout stations that focus on the primary upper body muscles used in manual wheelchairs.



Gamer Cycle - This unique workout station combines the fun of a video game and gives you a great cardio workout at the same time. The Game Cycle puts you in the drivers seat in a computer game where the harder you workout, the faster your car goes around the track.