

Halifax Health | Brooks Rehabilitation

Adaptive Sports and Recreation - Daytona Beach

MONDAY

Tai Chi

3:00–4:00PM
Pictona at Holly Hill
1060 Ridgewood Ave
Holly Hill, FL 32117

TUESDAY

On-Water Rowing

8:00–10:00AM
Halifax Rowing Boathouse
201 City Island Parkway
Daytona Beach, FL 32114

Rec Game Night

[Rotating between Bocce Ball, Shuffle Board,
Croquet and Horseshoes]



4:15–5:15PM
Pictona at Holly Hill
1060 Ridgewood Ave
Holly Hill, FL 32117

WEDNESDAY

ERG Rowing

3:00–5:00PM
Halifax Rowing Boathouse
201 City Island Parkway
Daytona Beach, FL 32114

THURSDAY

On-Water Rowing

8:00–10:00AM
Halifax Rowing Boathouse
201 City Island Parkway
Daytona Beach, FL 32114



Adaptive Yoga

1:30–2:30PM
Port Orange Family YMCA
4701 City Center Parkway
Port Orange, FL 32129

FRIDAY

ALTERNATES EVERY FRIDAY

Bowling

5:30–7:30PM
Ormond Lanes
260 N US Highway 1
Ormond Beach, FL 32174

Billiards

4:30–6:30PM
Uncle Waldo's Sports Pub
2454 Nova Road
Daytona Beach, FL 32119

FOR MORE INFORMATION:

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BROOKS
Rehabilitation

CENTER FOR INPATIENT REHABILITATION