



# Virtual Recreational Classes

**Providing accessible recreational opportunities  
to individuals and families in the community**

## Benefits:

- Free to attend
- On Zoom
- 30-45 minutes long
- Promote physical activity, health literacy, empathy, creativity, problem-solving, and/or socialization

## How to Register:

- Complete this **online form**:
  - <https://bit.ly/3r45N9G>
- Select from a range of activities (Art, Aerobics, Strength & Conditioning, Dance, Puzzles & Games) and days (Mon-Fri)
- We will email you a Zoom link

**Classes are led by University of Delaware students under the supervision of the Health and Disability Lab director, Iva Obrusnikova, PhD.**

For more information,  
contact Ashley Steinbrecher  
at [ashstein@udel.edu](mailto:ashstein@udel.edu).

