

ADULT PROGRAMS

DARA NEWSLETTER JANUARY 2026

WERQ DANCE FITNESS

WERQ is a fun, non-stop cardio dance fitness class with easy repetitive moves to top music, pop, & hip hop.

AGES: Adults and Seniors

DATES: 6 weeks starting January, Tuesdays

TIMES: 6-7pm

LOCATION: Valley Farms Community Center

COST: \$60/6 weeks or \$12/drop-in

BELLYDANCING CLASS FITNESS

Learn the art of Belly dancing while getting great workout in!

SCHEDULE: WINTER SESSION CANCELLED.

***Stay tuned for Spring 2026 dates.**

AGE: Adults, Seniors

LOCATION: Valley Farms Community Center

COST: \$60/6 weeks or \$12 drop in

BCBS WINTER WARM UP - FREE!

8 weeks with two one-hour sessions each week led by a certified Good Form Running and Walking coach from the Playmakers Fitness Foundation.

Receive weekly training tips and information. Training leads to the Blue Cross® Winter Warm Up 5K Walk/Run Celebration at Hawk Island Park in Lansing on Sat, March 21, 2026

Register: at [signup.com/wwu](https://www.signup.com)

DROP IN PROGRAMS

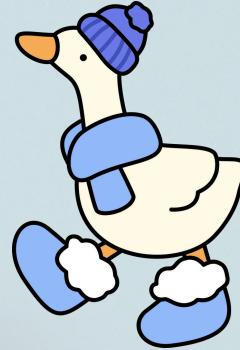
CARDIO DRUMMING

Wednesdays at 6pm

**all located at valley farms community center

•Walk with Ease- Contact: DeWitt District Library

INDOOR PICKLEBALL Starting Feb. 1st
\$4 drop-in



DARA Offices will be closed on:

- January 19th

ADAPTIVE PROGRAMS

SOCIAL NIGHT

Dancing, Refreshments, & Hanging Out!

Teens and Adults with Disabilities (16+)

UPCOMING 2025 DATES:

Dec 5 - Winter Wonderland

Jan 9 - New Year's GOLD BASH

Feb 6

TIME: 6:00 PM- 8:00 PM

LOCATION: VALLEY FARMS COMMUNITY CENTER

COST: \$10.00/guest *Each guest is allowed a plus one (Staff, guardian, parent, etc.)

SEASONAL ADAPTIVE SPORTS

Follow us to stay up to date on multiple adaptive sports opportunities:

- Winter Basketball (Season Runs December-February)
- Summer Baseball - Miracle League of Mid-Michigan (June-August)
- Fall Soccer (Season runs September-October)

*For more information regarding adaptive programs or senior programs, contact:

Ilah Coe - Email: icoe@dewittrecreation.org



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...PROMOTING COMMUNITY AND QUALITY
OF LIFE THROUGH LEISURE SERVICES...



YOUTH AND ADULT SPORTS

ISAIAH PLAUGHER
iplaugher@dewittrecreation.org

SPORTS STARTER

6 week class covering flag football, t-ball, and track & field

Ages: 3-5 years old

Dates: Wednesdays Feb 4th-Mar 18th

Time: 5:30pm, 6:20pm, or 7:10pm

Location: Valley Farms Community Center Gym

Cost: \$52/res; \$67/non-res

Reg. Deadline: Friday, Jan 23

\$10 early bird discount until Jan 16

YOUTH SPORTS ADVISORY BOARD

DARA is looking for involved members of the community to join our youth sports advisory board. For more information or to apply, please contact us at (517) 482-5117 or email iplaugher@dewittrecreation.org

FLOOR HOCKEY

6 week floor hockey league with weekly practices.

Ages: K-8th grade (divisions will be broken up into smaller age groups (ex. k/1, 2nd/3rd, etc)

Dates: Saturdays Feb 14th-Mar 21st

Time: 9am-3pm (times vary based on divisions)

Location: Valley Farms Community Center Gym

Cost: \$52/res; \$67/non-res

Reg Deadline: Friday, Jan 30th

\$10 early bird discount until Jan 23rd

To avoid team stacking we will be limiting player requests

CHILDREN'S PROGRAMS

Morgan Gerhardt
mgerhardt@dewittrecreation.org

PRE-K STRESS BUSTERS & OPEN PLAY

AGES: 3-5

Focuses on easy-to-do activities your child can do to help feel better when they are facing big feelings. They'll learn things like mindfully paying attention to their movement and breathing, using artwork to express feelings, and even learn how laughter helps us feel better. Participants will also learn valuable social skills that will help them build friendships and get along with others. They'll cover topics such as including others and sharing, kindness, good listening, respecting personal space, and more.

DATE: Every Friday beginning on August 29th

TIME: 1-2pm Stress busters Workshop & 2-3pm Open play

No Registration Required !!!

LOCATION: Valley Farm Community Center

DROP YOUR KIDS OFF

Kids enjoy games, crafts, pizza, and more!

Date: Friday, February 13th

Time: 6 p.m.- 11 p.m.

Location: Valley Farms Community Center

Cost: \$17.00/Child

Reg. Deadline: Wednesday, Feb. 11th

AFTER SCHOOL PROGRAM- TRIMESTER 2

Children grades Young 5's-5th, will discover the awesome benefits of recreation through a variety of daily choices of activities

Dates: December-February: Mon-Fri from 3-6pm, we are closed on federal Holidays & Dewitt Snow Days

Cost: \$14/ day & \$20/ Half- Days