



Recreation Philosophy & Service Model Overview

Our Philosophy: Access First

Tectonic Fitness provides adaptive physical fitness programming under the category of Social Recreation.

We are not a medical provider. We are not physical therapy. We are structured, adaptive recreation.

Every individual deserves access to safe, meaningful physical fitness — in the format that allows them to participate successfully.

What Social Recreation Means to Us

Social Recreation is not defined by group size. It is defined by participation.

Our Programs Promote:

- Physical strength and endurance
- Coordination and body awareness
- Structured instruction-following
- Community engagement
- Increased independence

For some individuals, this happens naturally in a group setting. For others, it requires individualized support.

Group Programming: When Appropriate

- Follow instruction with minimal redirection
- Perform exercises safely
- Tolerate the pace and structure of group activity
- Engage without significant frustration or shutdown

Group settings foster social exposure and shared experience. We encourage this format whenever appropriate.

One-to-One Programming: When Necessary

- Individualized cueing for motor learning
- Constant supervision for safety
- Support with body awareness and positioning
- Reduced environmental stimulation
- Slower pacing to process instruction

One-to-one recreation is not a premium service — it is the format that allows access.

Access to recreation must come before format preference.

Individualization Matters

Under the Lanterman Developmental Disabilities Services Act, services must be individualized and based on the needs of the consumer through the IPP process.

Recreation services are not required to be group-only. They are required to be appropriate to the individual.

Our Commitment

- Attempting group placement when appropriate
- Supporting transition to group participation when possible
- Documenting participation challenges when necessary
- Collaborating with families and Service Coordinators
- Ensuring safe, meaningful access to physical fitness

Our focus is not on format. Our focus is on participation.