

Dreams for Kids and the Washington Capitals team up for Extreme Recess Hockey

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Topics: [Events](#), [Public Spaces](#), [Sports & Recreation](#)



Extreme Recess in Kettler Ice-Plex in Ballston Mall

Today the [Washington Capitals](#) and [Dreams for Kids](#) joined together give children with physical and developmental disabilities the chance to get on the ice rink and play hockey! For many of the children, it was their very first time. There are over 12,000 children living with disabilities in DC, so this event is aimed at empowering this children as well as spreading awareness about the power that athletics can have in the lives of all children, disabled or not.

Here is a video from a recent clinic with the Washington Nationals <http://vimeo.com/6105680> and check out the photos from today's Extreme Recess. The event today is still going on. It started at 11:30 a.m. and runs until 3:00 p.m. in the Kettler Ice-Plex where the Capitals practice in Arlington.

[Dreams for Kids](#) is an international youth organization and 501(c) (3) children's charity, with a mission "to empower young people of all abilities through dynamic leadership programs and life-changing activities. By helping others find their dreams, they can realize their own."







