

Therapeutic Recreation

# ADAPTIVE AQUATICS

For Information  
301-475-4200 ext. 1806



### Adaptive Aquatic Adventures

Ages 4-7

Thursdays @ 5:30pm  
30 mins / 5 weeks / \$125



### Adaptive Aquatic Explorers

Ages 8-11

Thursdays @ 6:00pm  
30 mins / 5 weeks / \$125



### Adaptive Aquatic Divers

Ages 12-18

Thursdays @ 6:30pm  
30 mins / 5 weeks / \$125



### Adaptive Aquatic Private Lessons

All Ages / 30 or 60 min lessons



Programs are held at the Wellness & Aquatics Center (WAC) - CSM Leonardtown Campus



*2024 Fall Sessions  
Now Available!!*

Adaptive Aquatics programs are designed specifically for individuals with disabilities & led by WSI certified instructors with disability experience!

[www.stmaryscountymd.gov/recreate/tr](http://www.stmaryscountymd.gov/recreate/tr)

### Other WAC Programs

- ✓ Personal Training
- ✓ Fitness Classes
- ✓ Aqua Aerobics
- ✓ Swim Lessons



[www.stmaryscountymd.gov/recreate/wellnesscenter](http://www.stmaryscountymd.gov/recreate/wellnesscenter)

# THERAPEUTIC RECREATION



5:00 - 9:00pm  
\$45 per child  
Ages 5-13  
Leonardtwn Middle  
School Annex


## TR Kids Club is back!

Kids Club gives parents a break and gives kids with disabilities some extra social recreation time! We will provide a variety of art projects, games, therapeutic activities and pizza!!

Participants must be able to provide self-care independently and be able to function in a large group (10+) with a 1:4 staffing ratio.

# \$45

Registration includes pizza, drink and 4 hours of activities!

Code	Date	Theme
124901 - A	9/13/24	Autum Adventures 
124901 - B	10/18/24	Halloween Spooktacular 
124901 - C	11/15/24	Tom Turkey Time 
124901 - D	12/13/24	World Holidays 



## BECAUSE YOU DESERVE A BREAK!!

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[www.stmaryscountymd.gov/recreate/tr](http://www.stmaryscountymd.gov/recreate/tr)

*Inclusive*

THERAPEUTIC RECREATION



# LINE DANCING

ADAPTED TO MEET THE NEEDS OF ALL

*2024 Fall Session*  
*October 8 - November 5*



For adults 18+

Tuesdays at 11am

\$50 per 5 week session

Held at Hollywood Recreation Center

**TAKE MORE CHANCES...  
DANCE MORE  
DANCES!**

**REGISTER  
HERE**



Questions or Concerns?  
Contact the Therapeutic Recreation Coordinator  
[crystal.haislip@stmaryscountymd.gov](mailto:crystal.haislip@stmaryscountymd.gov)

[www.stmaryscountymd.gov/recreate/TR](http://www.stmaryscountymd.gov/recreate/TR)



THERAPEUTIC RECREATION

FOR ADULTS 18+

# ADAPTIVE KICKBOXING



MODIFIED FOR THOSE WITH DISABILITIES

WEDNESDAY / 1:00PM - 1:45PM

2024 SESSIONS NOW AVAILABLE!

WELLNESS & AQUATICS CENTER

LEONARDTOWN, MD

\$50

5 WEEK FALL  
SESSION

SEPTEMBER 4  
TO  
OCTOBER 2



*Register  
Now*

[WWW.STMARYSCOUNTYMD.GOV/RECREATE/TR](http://WWW.STMARYSCOUNTYMD.GOV/RECREATE/TR)





Join Now



# TR WATER WORKS



**A fun, new, aquatics-based program for adults, ages 18 and up, with physical, intellectual or developmental disabilities.**

- Improve health & wellness
- Increase body strength
- Improve range of motion
- Learn basic swim skills
- Creative games & activities
- Fun & socialization

**\$50**  
**11:00am - 12:00pm**  
**Nov. 6 - Dec. 18, 2024**  
**Wednesdays for 5 weeks**  
**Warm Water Therapy Pool**  
**Wellness & Aquatics Center, Leonardtown**

[www.stmaryscountymd.gov/recreate/tr](http://www.stmaryscountymd.gov/recreate/tr)





SATURDAY, NOVEMBER 2, 2024  
9:30 AM - 11:00 AM  
WELLNESS & AQUATICS CENTER



**\$10.00**  
**AGE 13-18**

FOR TEENS WITH &  
WITHOUT DISABILITIES

# EMPOWERING TEENS

## INCLUSIVE KICKBOXING WORKSHOP

