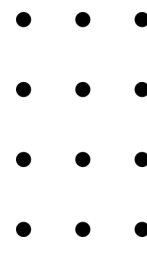
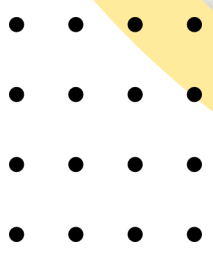




Therapeutic Recreation

ADAPTIVE AQUATICS

For Information
301-475-4200 ext. 1806



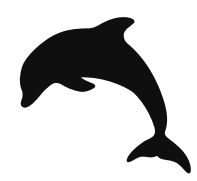
Adaptive Aquatic Adventures

Ages 4-7
Thursdays @ 5:30pm
30 mins / 5 weeks / \$125



Adaptive Aquatic Explorers

Ages 8-11
Thursdays @ 6:15pm
30 mins / 5 weeks / \$125



Adaptive Aquatic Divers

Ages 12-18
Thursdays @ 6:45pm
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







*2025 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

Other WAC Programs

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



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
225901 - A	1/17/25	Pajama Party 
225901 - B	2/14/25	Cupid's Celebration 
225901 - C	3/14/25	Shamrock Smash 



BECAUSE YOU DESERVE A BREAK!!

301-475-4200 Ext. 1806
www.stmaryscountymd.gov/recreate/tr



DRUMS

Alive

WITH KELLY

A TRUE WHOLE MIND,
WHOLE BODY EXPERIENCE!



1:00PM – 1:45PM
4 WEEKS FOR \$40
WEDNESDAYS AT WAC
FEBRUARY 5 – FEBRUARY 26

Combine the fun of drumming with the benefits of aerobic exercise! Open to adults with disabilities, ages 18 and up.



MORE INFO:
301-475-4200 ext. 1806



Drums Alive®

Inclusive

THERAPEUTIC RECREATION



LINE DANCING

ADAPTED TO MEET THE NEEDS OF ALL

2025 Winter Session
March 4 - March 25



For adults 18+

Tuesdays at 11am

\$40 per 4-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

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



\$40
11:00am - 12:00pm
April 9 - April 30, 2025
Wednesdays for 4 weeks
Warm Water Therapy Pool
Wellness & Aquatics Center, Leonardtown

www.stmaryscountymd.gov/recreate/tr



THERAPEUTIC RECREATION

FOR ADULTS 18+

ADAPTIVE KICKBOXING



MODIFIED FOR THOSE WITH DISABILITIES

WEDNESDAY / 1:00PM - 1:45PM

2025 SESSIONS NOW AVAILABLE!

WELLNESS & AQUATICS CENTER

LEONARDTOWN, MD

\$40

4 WEEK SPRING
SESSION

MAY 7 - MAY 28



*Register
Now*

WWW.STMARYSCOUNTYMD.GOV/RECREATE/TR