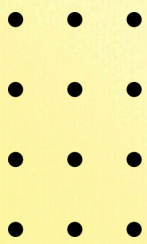
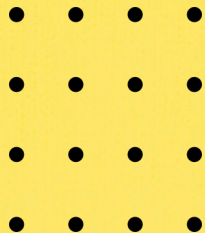


Therapeutic Recreation

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!

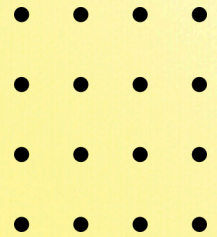
www.stmaryscountymd.gov/recreate/tr

Other WAC Programs

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



www.stmaryscountymd.gov/recreate/wellnesscenter



Adaptive Aquatic
Adventures
Ages 4-7



Adaptive Aquatic
Explorers
Ages 8-11



Adaptive Aquatic
Divers
Ages 12-18



Adaptive Aquatic
Private Lessons
All

**Click here for more information
about current program offerings**

Our Adaptive Aquatics programs are specifically designed for individuals with disabilities. They are led by WSI certified (Water Safety Instructors) that have experience with children with a variety of differing abilities. Our program starts with families completing a [Swim Abilities Form](#) which must be returned at least one week prior to the start of the program. This form allows us to understand your swimmer's abilities and their goals and helps us develop a plan to best fit their unique needs. If requested, an on-site orientation or swim evaluation can be arranged before the start of lessons to allow your child to get to know our instructors, become familiar with our facility or for us to evaluate swim experience.

Reach out to us today so we can work together to customize your swimmer's experience!

Crystal Haislip
Therapeutic Recreation Coordinator
301-475-3200 ext. 1806

Wellness & Aquatic Center, CSM Campus
22950 Hollywood Road
Leonardtown, MD 20650

