



SATURDAY, APRIL 20, 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



THERAPEUTIC RECREATION



5:00 - 9:00pm
\$45 per child
Ages 5-13
Leonardtown 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
224901 - C	3/15/24	Shamrock Shake Up 
324901 - A	4/19/24	All About Earth Day 
324901 - B	5/17/24	May Flowers Fun 



BECAUSE YOU DESERVE A BREAK!!

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

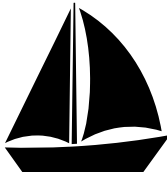
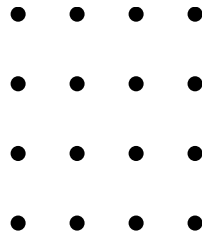
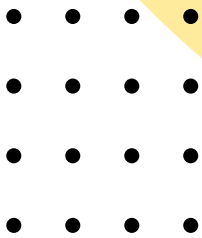


Therapeutic Recreation

ADAPTIVE AQUATICS

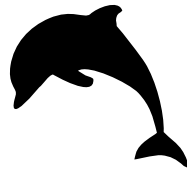
For Information

301-475-4200 ext. 1806



Adaptive Aquatic Adventures

Ages 4-12
Thursdays @ 5:30pm
30 mins / 4 weeks / \$105



Adaptive Aquatic Divers

Ages 13-18
Thursdays @ 6:00pm
30 mins / 4 weeks / \$105



Adaptive Aquatic Private Lessons

All Ages
Price Varies
30 or 60 Min Sessions

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







*2024 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

ADAPTIVE KICKBOXING



MODIFIED FOR THOSE WITH DISABILITIES

WEDNESDAY / 1:00PM - 1:45PM

2024 SESSIONS NOW AVAILABLE!

WELLNESS & AQUATICS CENTER

LEONARDTOWN, MD

FOR ADULTS

AGES

18 AND UP

\$60

PER 6 WEEK

SESSION



*Register
Now*

WWW.STMARYSCOUNTYMD.GOV/RECREATE/TR

Inclusive

THERAPEUTIC RECREATION



LINE DANCING

ADAPTED TO MEET THE NEEDS OF ALL

2024 Sessions Now Available!



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

www.stmaryscountymd.gov/recreate/TR

THERAPEUTIC RECREATION

**REGISTRATION
OPENS 3/1
\$25 FEE**

CAMP DISCOVERY

5 WEEK SUMMER CAMP
AGES 5-20



**DISCOVERING
NEW FRIENDS &
NEW EXPERIENCES!**

**\$850 PER CHILD
SCHOLARSHIPS
AVAILABLE!**

THERAPEUTIC SUMMER CAMP IS RETURNING!

Previously known as Camp Inspire & New Horizons, Camp Discovery is a combination of the two long standing TR camps and is an inspiring environment for participants with all disabilities. Your child will experience fun in a supportive environment while working with a variety of crafts, music, exercise, social development and life skill enrichment opportunities.



301-475-4200 ext. 1800

www.stmaryscountymd.gov/recreate/trc