



**CALVERT COUNTY
PARKS & RECREATION**

Events and Activities

WINTER 2020

THERAPEUTIC AQUATICS

Designed for individuals with various disabilities or special needs

TR WARM WATER STRETCHING

Activity #: 377223

This program is designed for individuals to utilize the warm water to improve physical well-being, endurance, strength and flexibility and to enhance functional ability and quality of life.

Age	Day	Time	Date	Sec	Fee
6+	W	1-1:45P	1/15/-2/5	A	\$20
6+	W	1-1:45P	2/19-3/11	B	\$20



Activity #: 377224 TR ADAPTIVE WATER EXERCISE

This low-impact aquatic exercise program in the therapy pool is designed to improve physical well-being, endurance, strength and flexibility and to enhance functional ability and quality of life. Participants must be able to stand in chest-deep water and perform exercises that are modified to meet their abilities and functioning level.



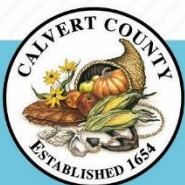
Age	Day	Time	Date	Sec	Fee
18+	Th	Noon-12:45P	1/16-2/6	A	\$20
18+	Th	Noon-12:45P	2/20-3/12	B	\$20

ADAPTED SWIM TEAM CONDITIONING

Activity #: 373333

This program is designed for individuals to develop confidence in strokes learned and improve other aquatic skills. It also promotes exercise to improve strength, flexibility and endurance.

Age	Day	Time	Date	Sec	Fee
13+	W	3:15-4P	1/15-2/5	A	\$20
13+	W	3:15-4P	2/19-3/11	D	\$20



www.CalvertCountyMD.gov/ParksandRecreation

Calvert County services are accessible to individuals with disabilities.
Please call the Maryland Relay for the hearing and speech impaired at 800-735-2258.