

*Inclusive*

THERAPEUTIC RECREATION



# LINE DANCING

ADAPTED TO MEET THE NEEDS OF ALL

*Summer Mini Session!*

**TUESDAYS**

**11:00AM - 12:00PM**

**JUNE 17<sup>TH</sup> - JUNE 24<sup>TH</sup>**

**\$20**

For Adults 18+

At the Wellness & Aquatics Center

22950 Hollywood Road, Leonardtown

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

**REGISTER  
HERE**



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



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

# DRUMS *Alive*

WITH KELLY

A TRUE WHOLE MIND,  
WHOLE BODY EXPERIENCE!



**1:00 – 1:45pm**  
**Wednesdays, July 9<sup>th</sup> – 30<sup>th</sup>**  
**\$40 per person (4 classes)**

Classes are held at the Wellness & Aquatics Center in Leonardtown. 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*®

# THERAPEUTIC RECREATION



## 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
425901 - A	7/11/25	Summer Swim 
425901 - B	8/15/25	Back to School 
425901 - C	9/12/25	Fall Into Fun 



## BECAUSE YOU DESERVE A BREAK!!

301-475-4200 Ext. 1806  
[www.stmaryscountymd.gov/recreate/tr](http://www.stmaryscountymd.gov/recreate/tr)



SATURDAY, AUGUST 2, 2025  
9:30 AM - 11:00 AM  
WELLNESS & AQUATICS CENTER

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

FOR TEENS WITH &  
WITHOUT DISABILITIES

# EMPOWERING TEENS

## INCLUSIVE KICKBOXING WORKSHOP







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**

**August 6<sup>th</sup> - 27<sup>th</sup>, 2025**


**Wednesdays for 4 weeks**

**Warm Water Therapy Pool**

**Wellness & Aquatics Center, Leonardtown**

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





Therapeutic Recreation

# ADAPTIVE AQUATICS

For Information  
301-475-4200 ext. 1806



## **Adaptive Aquatic Adventures**

Ages 4-7

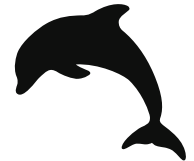
Thursdays @ 5:30pm  
30 mins / 5 weeks / \$125



## **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](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

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 FALL  
SESSION

SEPT 3<sup>RD</sup> - 24<sup>TH</sup>



*Register  
Now*



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