

Calvert County Parks & Recreation Therapeutic Recreation Services

# TR ADAPTIVE EXERCISE

This low impact exercise program is designed for individuals with various disabilities or impairments to improve physical well-being, endurance, strength, flexibility and 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 functional level.

## Activity #: 477224

Days: *Thursdays*

Section A: *March 28-April 25*

*\*no class April 11<sup>th</sup>\**

Section B: *May 2-May 23*

Time: *12:00-12:45 p.m.*

Location: *Hall Aquatic Center*

Cost: *\$20 per section*



For additional information, please contact the  
Therapeutic Services Office (410) 535-1600 ext. 8204 or 8205  
Maryland Relay for the hearing and speech impaired at (800) 735-2258  
Calvert County services are available to individuals with special needs