

Calvert County Parks & Recreation Therapeutic Recreation Services

TR WARM WATER STRETCHING

This program is designed for individuals with various physical limitations or impairments to utilize the warm water to improve physical wellbeing, endurance, and enhance functional ability and quality of life.

**BENEFITS OF
WARM WATER
EXERCISE**

- *Relaxes muscles
- *Increases flexibility & range of motion
- *Improves circulation
- *Decreases inflammation

Activity #: 477223

Days: *Wednesdays*

Session A: *March 27th-April 24th...\$20*

no class 4/10

Session B: *May 1st-May 22nd...\$20*

Time: *1:00-1:45 p.m.*

Location: *Hall Aquatic Center*



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

