

Calvert County Parks & Recreation Therapeutic Services Presents



Adaptive Swim Team Conditioning

This program is designed for individuals with special needs ages 13 and older to participate in an adaptive swim team conditioning. It promotes exercise to improve strength and flexibility as well as cardio fitness level.

Activity #: 47333 A

Dates: Wed., March 27th-April 24th

no class 4/10

Time: 3:30-4:15 pm

Location: Hall Aquatic Center

Cost: \$20



Activity #: 47333 B

Dates: Wed., May 1st-May 22nd

Time: 3:30-4:15 pm

Location: Hall Aquatic Center

Cost: \$20

For more information, call the Therapeutic Recreation Office
at (410) 535-1600 ext. 8204 or 8205
Maryland Relay for Speech and Hearing Impaired 800-735-2258
Calvert County Services are available to individuals with special needs