

ADAPTIVE RECREATION

FALL 2018



Your One-Stop Source for
Recreation Activities
for People with disabilities

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THE ADAPTIVE RECREATION PROGRAM of Loudoun County Parks, Recreation and Community Services provides a variety of recreation and leisure opportunities for individuals of all abilities and skill levels.

PROGRAM LEVELS

LEVEL 1



Participants with mild disabilities

No assistance managing any terrain.
Can maintain their own personal hygiene without assistance.
Can follow multiple step instructions.
Able to convey feelings, desires and emotions.

LEVEL 2



Participants with moderate disabilities

No assistance with level surfaces.
Can maintain their own personal hygiene with verbal cues.
Can follow single step instructions.
Able to convey feelings, desires and needs with picture cues or ASL.

LEVEL 3



Participants with severe disabilities

Assistance or self propelled device.
Personal hygiene with some assistance.
Can follow instructions with assistance.
Able to convey feelings, desires and needs with picture cues or ASL.

LEVEL 4



Participants who are medically fragile

Full assistance and/or self propelled device.
Personal hygiene with full assistance.
Limited comprehension.
Able to convey feelings, desires and needs with full assistance.

WHY PROGRAM LEVELS?

The safety and well being of our participants is paramount and we want them to get the most out of every activity offered.

A participant may start our programs at a certain level but over time their life skills, mobility, and cognitive abilities may change.

We assign levels to our activities based on research and experience.

Please contact us if you have any questions about your participant.



PARTICIPANT CODE OF CONDUCT

Be respectful to peers, staff, volunteers and public.

Listen and follow all directions from staff and volunteers.

Stay with your assigned group and leader.

Keep hands and feet to self.

Use friendly language and tones of voice.

Use equipment and supplies appropriately.

NOTICE

It is the goal of the Adaptive Recreation program for all participants to have an opportunity for a safe and enjoyable experience. Failure to follow the code of conduct may result in verbal/written warnings, suspension or removal from future activities and programs. At any time, should Adaptive Recreation staff be concerned that a program or activity is not in the participant's best interest or well-being, staff will contact the participant and/or caregiver to discuss available options.

PROGRAM OUTLINE

PROGRAM VISION

To provide individuals of all abilities with opportunities to choose participation in leisure programs, which may enhance their quality of life and foster respect for and acceptance of diversity within the community.

PROGRAM MISSION

Our mission is to provide a safe, nurturing and fun environment for individuals of all abilities. We strive to create opportunities that foster individual growth and success; building partnerships with participants, families and the community for new, innovative, successful and inclusive opportunities.

PROGRAM IMPLEMENTATION

Adaptive Recreation staff categorize all activities by skill level in an effort to provide safe and successful activities for all participants, staff and volunteers. In order to maintain safety and success, we ask you to carefully consider your participants' needs.

ADAPTIVE RECREATION CONTACT

DANIEL BUREAU
Division Manager
Children's Programming
703.777.0398
daniel.bureau@loudoun.gov

MARIA AUGER
Program Coordinator
Adaptive Recreation
703.771.5013
maria.auger@loudoun.gov

AMY BARKER
Program Specialist
Summer Camp, Aquatics
703.771.5010
amy.barker@loudoun.gov

BENJAMIN CURTIS
Program Specialist
VSA, Creative Arts
703.737.8837
ben.curtis@loudoun.gov

MEGAN MCCULLOUGH
Program Specialist
Special Olympics
703.777.0438
megan.mccullough@loudoun.gov

JANET KLEIN & JILL MATHESON
Customer Service
703.737.8042

MODIFICATIONS

If you require a reasonable modification for any type of disability in order to participate in PRCS Adaptive Recreation activities, please contact

Maria Auger:
703.771.5013; maria.auger@loudoun.gov

ADVISORY BOARDS

FRIENDS OF ADAPTIVE RECREATION, INC. (FAR)

Volunteer board members meet to discuss events, community awareness, fundraising, advocacy and sponsorships. FAR welcomes community involvement. For more information please contact our Program Coordinator,
Maria Auger:
703.771.5013; maria.auger@loudoun.gov

SPECIAL OLYMPICS VIRGINIA LOUDOUN COUNCIL

Area 14 Special Olympics Council meets to provide support in areas of public relations, outreach, volunteer coordination and more. The council is open to and welcomes community involvement. For more information please contact:
megan.mccullough@loudoun.gov

VSA ARTS OF LOUDOUN COUNTY BOARD OF DIRECTORS

This volunteer board meets to plan future visual and performing events, workshops, community awareness and fundraising. VSA strives to promote the creative power of the people. For more information please contact:
Kellie Goossens:
540.338.7973; kellie.goossens@loudoun.gov
www.vsaloudoun.org



FINANCIAL SUPPORT FOR PROGRAM PARTICIPANTS

For qualifying families financial support may be available in order to help with program participation. Limited scholarships are available from the Friends of Adaptive Recreation (FAR) Advisory Board as well as other County entities.

PROGRAM REGISTRATION OPTIONS:

IN PERSON at PRCS Ashbrook Office:
20145 Ashbrook Place #170
Ashburn VA 20147

ONLINE with WebTrac:
www.loudoun.gov/webtrac

WEBTRAC INSTRUCTIONS

- 1** GO TO:
WWW.LOUDOUN.GOV/WEBTRAC
- 2** LOG IN WITH YOUR USERNAME AND
PASSWORD
- 3** ON THE UPPER LEFT CLICK "SEARCH"
AND SELECT "ACTIVITY
ENROLLMENT"
- 4** FIND YOUR ACTIVITY# AND TYPE IN
THE SIX-DIGIT# IN ACTIVITY NUMBER
BOX WITH SECTION "01"
- 5** ADD THE ACTIVITY TO YOUR CART AND
SELECT PARTICIPATING FAMILY MEMBER
- 6** PROCEED TO CHECKOUT PAGE
AND PAY THE FULL OR THE MINIMUM
BALANCE SHOWN
- 7** SUBMIT PAYMENT AND COLLECT
RECEIPT
- 8** YOU WILL RECEIVE A RECEIPT
THROUGH E-MAIL

FILES, CANCELLATIONS LATE FEES

PARTICIPATION FILE RENEWALS

Please continue to be diligent with the renewal process of your participant files. It is imperative for the safety of all that we maintain current information on all participants. When you receive a packet in the mail or email please complete and return all required information.
If you register for a program without updated forms you may not be allowed to participate in Adaptive Recreation activities until your file is updated with current paperwork.

Adaptive Recreation now has completely digital forms for participant use. Use text below:

<https://lfportal.loudoun.gov/Forms/adaptiverecadultform>

CANCELLATION AND REFUND POLICY

If you cancel a class 15 or more days before the start date, a full refund, minus a 15% administrative fee (maximum of \$15) will be offered. If you cancel an activity 14 or fewer days before the start date a refund of 50% will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email to the Program Coordinator, Maria Auger.

LATE FEES

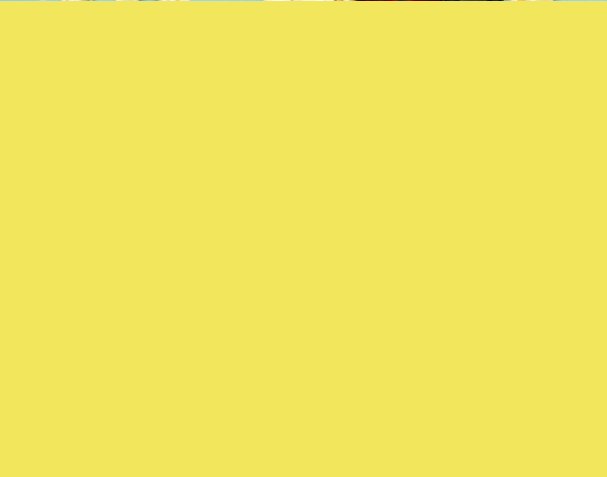
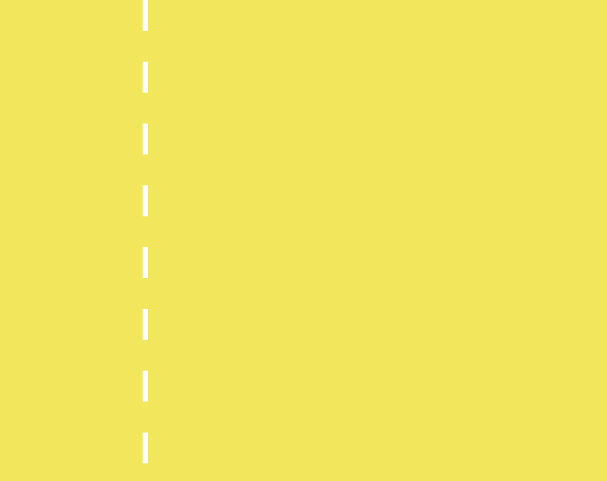
In an effort to provide quality customer service and efficiency, please note that a \$15 per participant late fee will be assessed for every fifteen minute time frame after the designated pick up time.
EXAMPLE: If pick up time is at 6:00pm and the participant is picked up between 6:01pm and 6:15pm a fee of \$15 will be assessed; between 6:16pm and 6:30pm a fee of \$30 will be assessed and so forth.

TRANSPORTATION

Space is limited! Transportation is handled on a "First come-First served" basis.

REGISTRATION DATES

Loudoun County Parks and Recreation Fall programs registration begins on August 16th, 2018.



MOVIE MADNESS

(16 & up, Levels 1,2,3) Join us at a nearby theater to see a current hit movie! Before the show enjoy dinner with great friends! Movies will be decided closer to the date of the showing.

FRIDAY MOVIES:

Friday, September 7th	Activity # 141726-01
Friday, October 5th	Activity # 141726-02
Friday, November 2nd	Activity # 141726-03

Drop Off:	5:00PM at Ashbrook Place
Pick Up:	TBD at Ashbrook Place
Fee:	\$25.00

Please bring \$20 for dinner and additional money for snacks at the theater.

Specialist: Benjamin Curtis



SPARE TIME BOWLING

(16 & up, All Levels) Relax on a Friday afternoon with bowling! This program teaches the basics of the game, promotes socialization and community awareness.

FRIDAY BOWLING:

Friday, September 7th	Activity # 141710-01
Friday, September 21st	Activity # 141710-02
Friday, October 5th	Activity # 141710-03
Friday, October 19th	Activity # 141710-04
Friday, November 2nd	Activity # 141710-05
Friday, November 16th	Activity # 141710-06

Drop Off: 2:30PM at Village Lanes, Leesburg
Pick Up: 4:30PM at Village Lanes, Leesburg

If you work at ECHO and need transportation to bowling on Friday, please report request while registering. Bus departs at 2:15PM from ECHO on Fridays.

No transportation provided AFTER bowling. Participants must be picked up at Village Lanes unless registered for post bowling Movie Madness program.

Fee: \$25.00
Specialist: Benjamin Curtis



ADAPTIVE AQUATICS

WATER FUN FIT

WEDNESDAYS 7:30P-8P
DULLES SOUTH

SESSION 1

Activity # 141745-01
October 3rd
October 10th
October 17th
October 24th

SESSION 2

Activity # 141745-02
November 7th
November 14th
November 21st
November 28th
Fee: \$35

SPLASH!

SATURDAYS
DULLES SOUTH

BEGINNERS

SESSION 1, 8-8:45A

Activity # 141742-01
October 13th, 20th, 27th & November 3rd

SESSION 2, 8-8:45A

Activity # 141742-02
November 10th, 17th, 24th and December 1st
Fee: \$35

ADVANCED

SESSION 1, 8:50-9:35A

Activity # 141742-03
October 13th, 20th, 27th & November 3rd

SESSION 2, 8:50-9:35A

Activity # 141742-04
November 10th, 17th, 24th and December 1st
Fee: \$35

INDIVIDUAL LESSONS

DULLES SOUTH

4 LESSONS

Interested in one on one coaching?
To schedule your individual four lessons
please email Priscilla Wiggins:
priscilla.wiggins@loudoun.gov
Fee: \$100



BUDDY WORKOUT

(Ages 18 and up, All levels) Buddy Workout is designed to empower each participant to work out. All workouts will be customized by a Personal Trainer to meet your needs and goals. The workout session will focus on fitness and fun! Come work out alongside your friends!

WEDNESDAYS 6p-7p

Activity #	141752-01	Activity #	141752-02
September 5th		October 17th	
September 12th		October 24th	
September 19th		October 31st	
September 26th		November 7th	
October 3rd		November 14th	

Fee: \$25
Specialist: Megan McCullough



COOKING CLASSES

(Ages 16 and up, All levels) What's cooking? Join us for a three session class where we will learn how to make complete meals and then get to enjoy them with the other chefs. This class theme is Home style meals!

THURSDAYS 4:30p-6:30p

Activity # 141753-01
November 1st
November 8th
November 15th

Fee: \$80
Specialist: Megan McCullough





1. DINNER & THE ARTS: BEAUTY & THE BEAST

(16 & up, Levels 1,2 &3) A beautiful young woman takes the place of her imprisoned father in the castle of a beast, who is really a cursed prince. She teaches him to be courteous and respectful, and they fall in love, in this stage adaptation of the animated Disney film. This show includes a fancy dinner and a great way to connect with friends!

Date: Sunday, September 30th
 Location: Fredericksburg, VA
 Drop Off: 11:00AM at Ashbrook Place
 Pick Up: 7:00PM at Ashbrook Place
 Fee: **\$90.00**
 Activity #: 141743-01
 Specialist: Benjamin Curtis



2. FALL HIKE

(Ages 16 and up, Level 1) Spend some time outdoors enjoying the fall weather and foliage! We will be learning the basics of hiking in a group and outdoor safety. We will have a picnic lunch in the park and please be ready with a backpack, water, lunch, rain jacket and sturdy shoes!

Date: Saturday, October 6th
 Location: Algonkian Regional Park
 Drop Off: 10:30AM at Algonkian Park
 Pick Up: 1:30PM at Algonkian Park
 Fee: **\$15.00**
 Activity #: 141724-01
 Specialist: Megan McCullough



3. DINNER & THE GLOW

(Ages 18 and up, All Levels) Join us for dinner followed by a visit to The Glow Experience event at Lake Fairfax Park. Enjoy a leisurely stroll through a GLOWING trail where you will see a pumpkin wonderland like no other! Please bring money for dinner, snacks and souvenirs at the event.

Date: Friday, October 19th
 Location: Lake Fairfax Park
 Drop Off: 5:00PM at Ashbrook Place
 Pick Up: 9:30PM at Ashbrook Place
 Fee: **\$50.00**
 Activity #: 141754-01
 Specialist: Megan McCullough



4. PUMPKIN CARVING & ROAST

(16 & up, All Levels) It's almost Halloween! Join us for some crazy pumpkin carving and take home your very own Jack-O-Lantern! Afterwards we will be roasting hot dogs with all the fixings' and marshmallows by the campfire. Food, Pumpkins, and tools provided.

Date: Tuesday, October 23rd
 Location: Claude Moore Park
 Drop Off: 4:30PM at Claude Moore
 Pick Up: 6:30PM at Claude Moore
 Fee: **\$20.00**
 Activity #: 141727-01
 Specialist: Megan McCullough

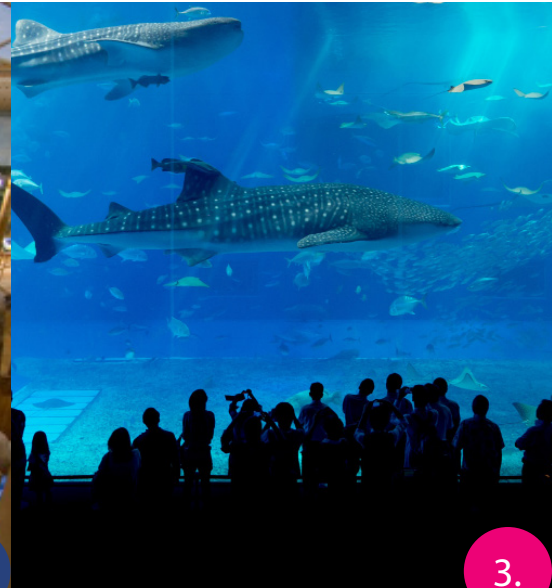
KIDS Activities!



1.



2.



3.

1. TICONDEROGA FARM

(Ages 7 - 17) Get outside on this student holiday at the fun-filled Farm! There will be a giant jumping pillow, peddle karts, hayrides, animals and much more to enjoy this beautiful fall day.

Date: Monday, October 22nd

Fee: **\$55.00**

Activity #: 141714-01

Time: 9:00AM-4:00PM

2. MASSANUTTEN WATER PARK

(Ages 9 - 17) Come to an indoor Water Park on a student holiday! There will be slides, tubing and lots of great fun with friends!

Date: Monday, November 5th

Fee: **\$85.00**

Activity #: 141715-01

Time: 9:00AM-6:00PM

3. NATIONAL AUQUARIUM

(Ages 7 - 17) See the world from below the surface with jellies, dophins, sharks and more on this student holiday!

Date: Tuesday, November 6th

Fee: **\$75.00**

Activity #: 141716-01

Time: 9:00AM-5:00PM

Specialist: Amy Barker