

ADAPTIVE RECREATION

SPRING 2019

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

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
703.777.0343

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:
742 Miller Drive SE
Leesburg, VA 20175

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 Spring programs registration begins on February 14th, 2019.



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, March 1st	Activity # 341724-01
Friday, April 5th	Activity # 341724-02
Friday, May 3rd	Activity # 341724-03

Drop Off: 5:00PM at TBA
Pick Up: Leesburg Office
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, March 1st	Activity # 341710-01
Friday, March 15th	Activity # 341710-02
Friday, April 5th	Activity # 341710-03
Friday, April 19th	Activity # 341710-04
Friday, May 3rd	Activity # 341710-05
Friday, May 17th	Activity # 341710-06

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



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

SESSION 1

Activity # 341752-01

March 6th
March 13th
March 20th
March 27th
April 3rd

SESSION 2

Activity # 341752-02

April 24th
May 1st
May 8th
May 15th
May 22nd

Fee:

\$30

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 # 341762-01

May 16th
May 23rd
May 30th

Fee:

\$80

Specialist:

Megan McCullough



ADAPTIVE AQUATICS

WATER FUN FIT

WEDNESDAYS

CLAUDE MOORE RECREATION CENTER

7:00-7:30P

Activity # 341739-04

February 27th - March 20th

SPLASH!

SATURDAYS

CLAUDE MOORE RECREATION CENTER

BEGINNERS

9:00-10:45A

Activity # 341740-07

March 2nd - March 23rd

Fee: \$35

ADVANCED

9:50-10:35A

Activity # 341740-08

March 2nd - March 23rd

Fee: \$35

Specialist: Amy Barker

INDIVIDUAL LESSONS

MONDAYS AT DULES SOUTH

WEDNESDAYS & SATURDAYS AT CLAUDE MOORE

Interested in one on one coaching?

To schedule your individual four lessons please email Priscilla Wiggins:
priscilla.wiggins@loudoun.gov

4 LESSONS

Fee: \$100





1.



2.



3.



4.

1. MEDIEVAL TIMES

(16 & up, Level 1 & 2) A trip back in time to when Kings and Queens held giant feasts with lavish food and entertainment. Enjoy a fun dinner while rooting for your favorite knight as they joust on horseback and battle with swords in the arena!

Date: Saturday, March 9th
 Location: Hanover, MD
 Drop Off: 1:45PM at Leesburg Office
 Pick Up: 7:30PM at Leesburg Office
 Fee: \$90.00
 Activity #: 341747-01
 Specialist: Benjamin Curtis

3. BATTLE OF THE BANDS

(Ages 18 & up, Levels 1, 2) Who's ready to rock? Join us in downtown Leesburg for a local Battle of the Bands Competition. We will meet downtown for dinner then walk to the Tally Ho to enjoy live, local music.

Date: Friday, March 22nd
 Location: Tally Ho, Leesburg
 Drop Off: 5:00PM at Leesburg Office
 Pick Up: 10:00PM at Leesburg Office
 Fee: \$15.00
 Activity #: 341735-01
 Specialist: Megan McCullough

2. ROCK CLIMBING

(Ages 18 & up, All Levels) Join us for a fun evening learning how to rock climb indoors followed by dinner out with friends! Rock climbing promotes strength, flexibility, balance and focus making it an activity all can enjoy and benefit from. No prior experience needed.

Date: Monday, March 11th
 Location: Sport Rock, Sterling
 Drop Off: 5:00PM at Leesburg Office
 Pick Up: 9:00PM at Leesburg Office
 Fee: \$45.00
 Activity #: 341743-01
 Specialist: Megan McCullough

4. DINNER & THE ARTS THE COLOR PURPLE

(16 & up, Levels 1,2 &3 From Alice Walker's Pulitzer Prize-winning bestseller and Steven Spielberg's Oscar-nominated film comes a stage musical with a fresh, joyous score of jazz, ragtime, gospel and blues. This show includes a fancy dinner and a great way to connect with friends!

Date: Sunday, April 7th
 Location: Fredericksburg, VA
 Drop Off: 11:00AM at Leesburg Office
 Pick Up: 7:00PM at Leesburg Office
 Fee: \$90.00
 Activity #: 341730-01
 Specialist: Benjamin Curtis



EARTH DAY GARDENING

(18 & up, All Levels) Let's celebrate Earth Day by spending some time outdoors gardening! We will spend some time learning about Earth Day and then create some spring time planters. This activity will take place outdoors at the Douglass Community Center Pavilion. Transportation is NOT provided for this activity.

Monday, April 22nd - 4:30PM-6:30PM

Fee: \$15

Activity #: 341718-01

Specialist: Megan McCullough



SPRING HIKE & PICNIC

(18 & up, Levels 1) Spend some time outdoors enjoying the spring weather! We will be learning the basics of hiking in a group and outdoor safety. We will have a picnic lunch in the park. This trip will include hiking uneven, steep terrain.

Saturday, May 11th - 9:00AM-1:00PM

Fee: \$20

Activity #: 341726-01

Specialist: Megan McCullough



LOUDOUN COUNTY
The County Organization
on Arts and Disability



VSA

2019 SPRING MUSICAL

vsa
LOUDOUN COUNTY
The County Organization
on Arts and Disability

Presents:

TREASURES:

The Musical Adventures
of TOM SAWYER

an adaptation of the MARK TWAIN
classic written by Dolly Stevens
& Tom Sweitzer

DaVinci Art Show - Hidden Treasures
March 15 - April 14



Fri. & Sat. March 22nd-23rd & 29th-30th at 7pm
Sun. March 24th & 30th at 3pm

FRANKLIN PARK ARTS CENTER
36441 Blueridge View Lane, Purcellville VA

For Tickets: www.vsaloudoun.org
Adults \$15 - Students/Seniors \$10
At the Door - Adults \$20 - Students/Seniors \$15