



ADAPTIVE RECREATION

WINTER 2018-19



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

TABLE OF CONTENTS

Program Levels.....	3
Code of Conduct.....	4
Program Outline.....	5
AR Contact.....	5
Advisory Boards.....	6
Program Registration.....	7
Files, Cancellation, Late Fees.....	7
Movie Madness.....	8
Spare Time Bowling.....	9
Adaptive Classes.....	10-11
Active Trips.....	12-13
Kids Activities.....	14



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
703.737.8042

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

(New office location, 12/17/2018)

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 Winter programs registration begins on November 15th, 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, December 7th	Activity # 241730-01
Friday, January 4th	Activity # 241730-02
Friday, February 1st	Activity # 241730-03

Drop Off: 5:00PM at TBA
Pick Up: TBD at TBA (New Office 12/17, pg 7)
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, December 7th	Activity # 241710-01
Friday, December 21st	Activity # 241710-02
Friday, January 4th	Activity # 241710-03
Friday, January 18th	Activity # 241710-04
Friday, February 1st	Activity # 241710-05
Friday, February 15th	Activity # 241710-06

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

Activity # 241744-01
January 9th
January 16th
January 23rd
January 30th
February 6th

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 # 241712-01
January 10th
January 17th
January 24th

Fee: \$80
Specialist: Megan McCullough





CREATIVE THINGS

(Ages 18 and up, All levels) Want to make something new? Then join us for Creative Things!

THURSDAYS 6:00P-7:00P

CREATING SCENTED COLOR CANDLES

December 6th

Activity # 241731-04

Fee: **\$35**

MAKING BATH BOMBS

December 13th

Activity # 241731-05

Fee: **\$35**

SEASONAL MAKE & TAKE MEAL

December 20th

Activity # 241731-06

Fee: **\$35**

Specialist: Amy Barker





1.



2.



3.



4.

1. HOLIDAY CELEBRATION

Come prepared to eat some great food, dance and be with family! Enjoy a photo booth, cookie decorating and a hot chocolate bar! Please email adaptrec@loudoun.gov to register. We will not be able to process payments at the door so please pay online or at nearest PRCS facility.

Date: Saturday, December 1st
Location: Leesburg Senior Center, VA

Begin: 11:00AM
End: 2:00PM
Fee: \$5.00
Activity #: 241740-01
Specialist: AR Staff

2. LIGHTUP FEST

(Ages 16 and up, All Levels) Join us for dinner and some holiday fun! We will enjoy great food, conversation and, of course, the lights! We will take a walk through One Loudoun's LightUp Fest. Please bring money for dinner.

Date: Wednesday, December 5th
Location: One Loudoun, VA

Drop Off: 5:00PM at Ashbrook Office
Pick Up: 9:00PM at Ashbrook Office
Fee: \$50.00
Activity #: 241732-01
Specialist: Megan McCullough

3. DINNER & THE ARTS

(Ages 16 and up, Levels 1, 2 & 3) Todd Meredith and his band, The Rave-Ons, celebrate the holiday season with high energy performances of Buddy Holly's greatest hits along with classic rock'n'roll Christmas songs! Enjoy dinner and a show of unforgettable Christmas music! A Rockabilly Christmas!

Date: Sunday, December 9th
Location: Fredricksburg, VA

Drop Off: 11:00AM at Ashbrook Place
Pick Up: 7:00PM at Ashbrook Place
Fee: \$90.00
Activity #: 241758-01
Specialist: Benjamin Curtis

4. HOLIDAY SHOP 'TILL YOU DROP

(16 & up, All Levels) Shop till you drop at the Dulles Mall! We will enjoy dinner at the food court then hit the stores for bargains galore. Don't forget your shopping list! Bring money for dinner, snacks, and shopping.

Date: Monday, December 10th
Location: Dulles Mall, VA

Drop Off: 5:00PM at Dulles Mall
Pick Up: 8:00PM at Dulles Mall
Fee: \$10.00
Activity #: 241724-01
Specialist: Megan McCullough



CIRQUE DU SOLEIL: CRYSTAL

- A breakthrough ice experience.

(18 & up, Levels 1 & 2) Crystal is not just an ice show, it's the very first experience on ice from Cirque du Soleil. Watch world-class ice skaters and acrobats claim their new frozen playground with speed and fluidity as they challenge the laws of gravity with never before seen acrobatics. A new kind of performance as Cirque du Soleil meets the ice to defy all expectations. Join us at the Capital One Arena!

Saturday, December 8th - 10:30AM-5:30PM

Fee: **\$110.00**

Activity #: 241708-02

Specialist: Amy Barker



WINTER VACATION

(18 & up, Levels 1 & 2) We will travel to Great Wolf Lodge in Williamsburg, VA for a winter vacation! Join us for a three overnight trip. Get wet at the indoor water park and visit local area businesses and attractions!

Tuesday, January 21st - Friday, January 25th

Fee: **\$275.00**

Activity #: 241709-01

Specialist: Amy Barker

KIDS *Activities!*



STUDENT HOLIDAYS

LASER TAG & LUNCH

(Ages 9 - 18) Enjoy the day off of school targeting your friends with lasers! We will suit up at Shadowlands and target high scores. After, we will enjoy lunch and talk about our victories!

Date: Thursday, December 27th

Fee: **\$55.00**

Activity #: 241706-01

Time: 10:00AM-4:00PM

BOWLING & A MOVIE

(Ages 9 - 18) Knock down some pins with friends at the bowling alley and then enjoy a film at the theater! Enjoy time spent with friends away from the books and giving parents a break.

Date: Friday, December 28th

Fee: **\$55.00**

Activity #: 241706-02

Time: 10:00AM-4:00PM

Specialist: Amy Barker